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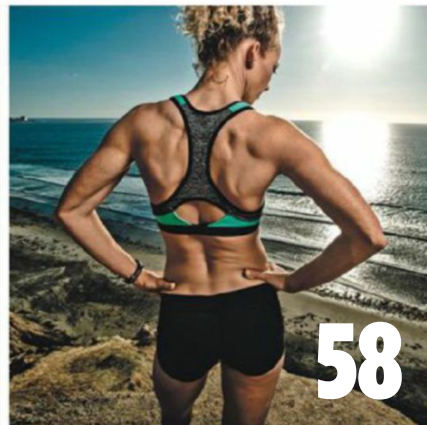
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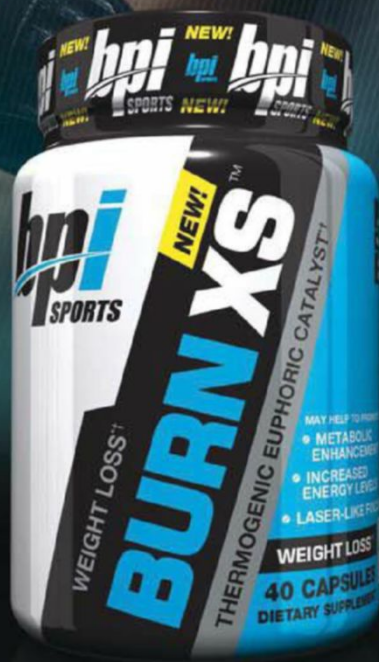


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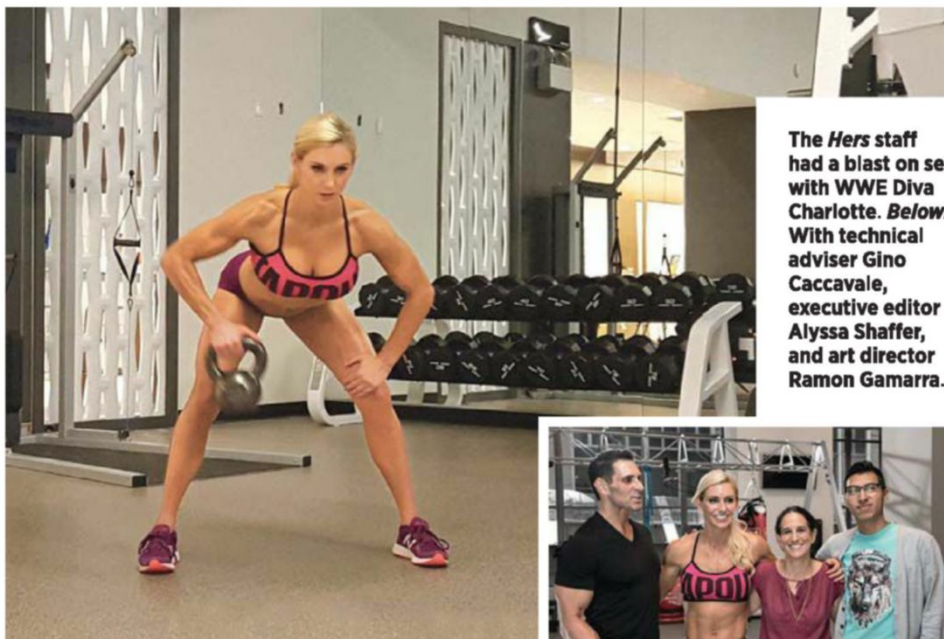
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The *Hers* staff had a blast on set with WWE Diva Charlotte. Below: With technical adviser Gino Caccavale, executive editor Alyssa Shaffer, and art director Ramon Gamarra.



Charlotte's Cover Shoot

Watch behind-the-scenes video of **WWE Divas champion Charlotte** as she talks about her training, nutrition, and the realization of her dream to be on the cover of *Muscle & Fitness Hers*. See how she gets camera-ready and shows off her silly side with our magazine team and photo crew on set: muscleandfitness.com/videos.

SCULPT A SEXIER REAR VIEW

You want squats? We've got plenty: Check 'em out in our feature "You Don't Know Squat" (page 82) and give them a try. Share photos of your favorites (or a few more we haven't mentioned!) with our social community using **#HersSquatLikeMe** hashtag on Instagram and Twitter. We'll feature our favorite photos on muscleandfitness.com/hers or in the March/April issue!

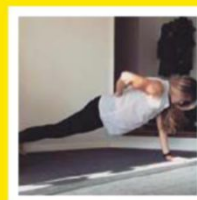


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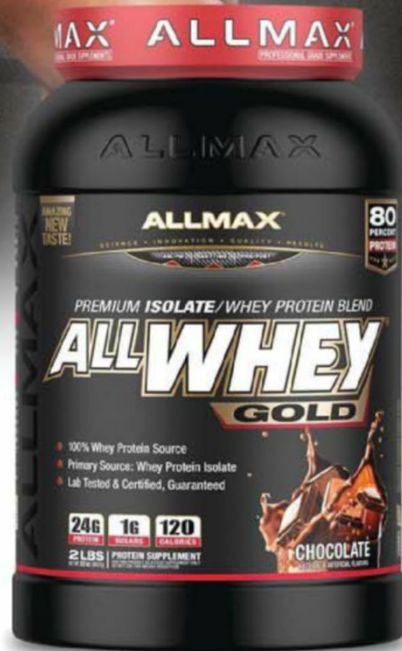
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From the Chairman

• THE END OF ONE YEAR AND THE START OF THE NEXT

is the perfect time to reflect on past accomplishments. Whether it was making an effort to eat cleaner, drop some body fat, hit the gym, run a race, find a new place to challenge yourself, or make some new connections, take a moment to celebrate all of your achievements over the past 12 months, whether big or small. Then get ready to make this coming year even better. Your goals don't have to be lofty or life changing. They can be as simple as getting a friend or partner to join you in a workout or experimenting with some creative, healthy ingredients in the kitchen. Take some time to write down what you want to accomplish this year to make you feel leaner, fitter, and healthier than ever.

At *Muscle & Fitness Hers*, we are right there with you, ready to take on all the challenges you set forth. We've done a little thinking and revamping of our own—you might notice the changes throughout the issue, with a cleaner design and articles that are loaded with information that you can use every single day, whether that's advice on how to find the best weight-loss plan (p. 66), lessons from top fitness pros on how to get more out of your workouts (p. 58), or just how to totally rock a new pair of jeans (p. 52).

And we're not stopping there. Our goal for 2016: to help you, our readers, finish every single day feeling strong and proud. Let us know what you would like to accomplish this year—and what you want to see more of on our pages. Tweet us @MandFHers, post on our Facebook page, tag us on Instagram @MuscleandFitnessHers, or on Pinterest @MandFHers. As always, your feedback and trust are essential to our success.



Cover model and WWE Diva Charlotte demos how to sculpt muscle from head to toe with kettlebells.



David J. Pecker

David J. Pecker

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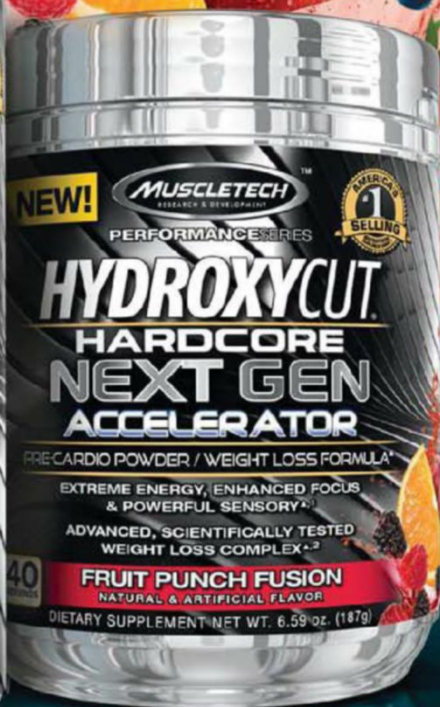
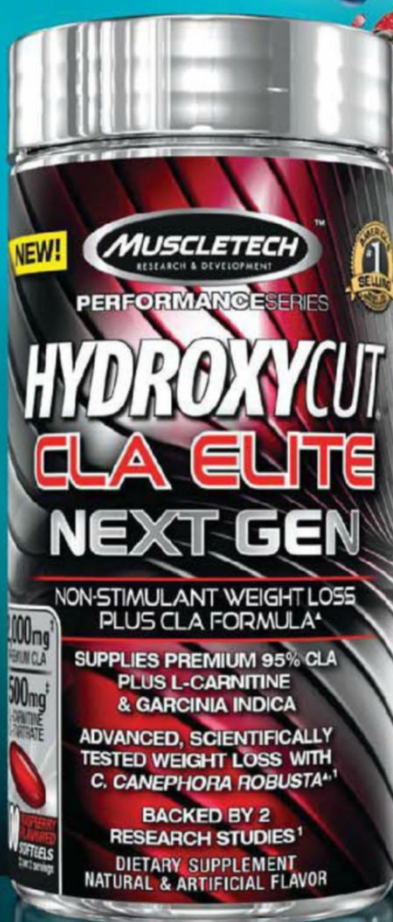
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WWE Diva Charlotte uses a kettlebell to build strength, power, and stamina.

the Beauty of the Belle

Sculpt a strong, powerful physique
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with a versatile kettlebell workout

BY ALYSSA SHAFFER | PHOTOGRAPHS BY PER BERNAL

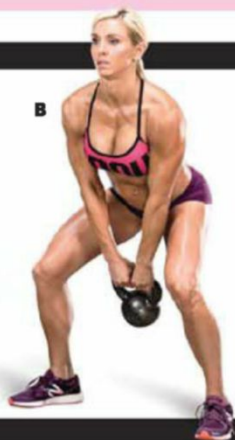
• **WHAT CAN KETTLEBELLS DO FOR YOUR BODY?** Pretty much everything. “Kettlebells are adaptable for a variety of exercises, and, because of their unique design, they can be used for strength, endurance, and core conditioning,” explains Gino Caccavale, *Hers* technical adviser, who put together this routine. “The swing and torque of the kettlebell engages the core on every movement, targeting balance and stability.” **WWE Diva Charlotte** demonstrates how to use the all-in-one training tool to shape sleek, toned muscles, cut fat, and build the strength she needs to dominate inside the ring and look great outside of it.



Pop & Drop Hip Thrust

WORKS: CHEST, ABS, HIPS

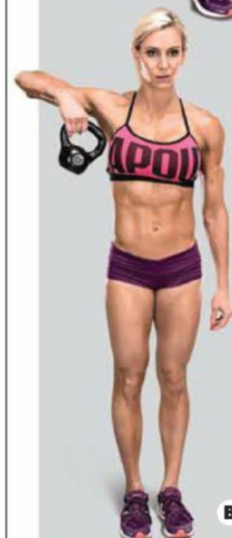
- › Begin in top of pushup position with hands on top of kettlebells, palms facing each other and legs extended behind you, abs tight **(A)**.
- › Perform a deep pushup, then jump feet forward, landing between kettlebells **(B)**.
- › Immediately thrust hips back and extend legs to return to pushup position. Do 2 sets of 20 reps.



Threaded Lunge Lantern Pull

WORKS: SHOULDERS, CORE, LEGS

- › Stand holding kettlebell in left hand with arm extended and palm inward. Lunge back with left leg, bending knees 90 degrees.
- › Pass the bell under your right hamstring, grasping it with your right hand **(A)**.
- › Stand back up and pull kettlebell up with right hand to shoulder height, as if holding a lantern, elbow in line with shoulder and feet together **(B)**.
- › Repeat on opposite side.
- › Do 2 sets of 12-15 pulls per arm.



Swinging Sidestep

WORKS: CORE, HIPS

- › Stand holding kettlebell by the handle in front of body, feet slightly wider than shoulder width. Bend knees slightly and hinge forward from hips.
- › Swing kettlebell to chin height, bringing left foot beside right foot **(A)**.
- › Step back left foot to start while lowering weight, keeping elbows soft **(B)**. Repeat on opposite side, stepping right foot to meet left as you swing the bell. Do 2 sets of 10-12 reps per side.



Cross Hip Row

WORKS: BACK, CORE

- › Place kettlebell on floor between arches of feet with legs slightly wider than hip width. Bend forward from waist and grab the kettlebell with your left hand, placing right hand above right knee **(A)**.
- › Row kettlebell up to left side, elbow passing hip and keeping weight close to body **(B)**.
- › Lower weight back to floor and repeat. Do 10–12 reps, then switch sides and repeat, lifting weight with right hand. Do 2 sets total per side.



Tree Chop

WORKS: SHOULDERS, CORE, LEGS

- › Stand with feet slightly wider than hip-distance apart holding kettlebell outside right hip.
- › Using core, swing kettlebell up and across the body, pivoting on right foot **(A)**. When kettlebell is parallel to floor on left side of body, lower it back to right hip **(B)**. Allow the momentum of the kettlebell swing to drive the movement.
- › Do 2 sets of 20 reps per side.



Figure-four Biceps Curl

WORKS: BICEPS, CORE, GLUTES, LEGS

- › Stand with feet wider than shoulder width, holding handle of kettlebell in right hand in front of left shoulder and supporting kettlebell in left hand **(A)**.
- › Bending knees, swing weight to outside of and behind right leg. Reach down to grasp handle with left hand **(B)**.
- › Explosively hoist kettlebell upward across body, curling it with left hand to right shoulder and hold. Repeat movement, swinging weight to outside of and behind left leg and catching it with your right hand.
- › Do 2 sets of 8 per side with heavy weight.

THE FUTURE OF FITNESS? Gyms usually fall into two camps: big boxes that try to please everyone at once, and small, specialized studios that highlight one or two types of training. Our favorite new gym, BFX Studio (which stands for Boutique Fitness Experience), manages to do both. With locations in New York and Boston, it takes a complete multidiscipline cross-training approach to fitness with a combo of indoor cycling, group exercise (including HIIT, barre, boxing, and strength training), and private training sessions. A smaller, more intimate space allows clients to mix up their workout routines to see results and avoid hitting plateaus. For more information, go to bfxstudio.com.

Squat to Balance Extension

WORKS: TRICEPS, GLUTES, LEGS

- ▶ Stand with feet slightly wider than hip width, holding weight bell-side up at chest height. Squat down, bending knees deeply and bringing elbows just inside knees **(A)**.
- ▶ Stand up, lifting left thigh parallel to floor; at the same time, extend arms up, holding handle sides **(B)**.
- ▶ Lower weight behind head, keeping elbows close to body and balancing on right leg. Straighten arms.
- ▶ Lower leg to floor and back to squat position. Do 2 sets of 16 reps.



Gladiator Hold

WORKS: SHOULDERS, CORE, HIPS, GLUTES

- ▶ Begin in side plank, right palm on floor in line with shoulder. Hold kettlebell in "rack" position in left hand; cross left leg over right knee **(A)**.
- ▶ Straighten left arm until it's aligned with right **(B)**. Hold 5 seconds, engaging core, then lower left elbow to start.
- ▶ Do 2 sets of 10 controlled, slow repetitions per side.

Double Bell Getup

WORKS: SHOULDERS, CORE

- ▶ Lie faceup on floor with a kettlebell in each hand, arms extended over shoulders. Keep legs open into a wide "V" on the floor.
- ▶ Using core strength, exhale and draw upper body off floor **(A)** until you're sitting up fully, keeping arms extended and legs on floor **(B)**.
- ▶ Slowly lower back to floor, keeping arms extended. Do 2 sets of 12 slow repetitions.



Training with Flair

She may have sports entertainment in her blood, but WWE Divas Champion Charlotte makes sure a tough regimen keeps her on top

BY ALYSSA SHAFFER

• **“GENETICALLY SUPERIOR”** is how **WWE Diva Charlotte** describes herself when she’s performing in front of thousands of fans. But while the daughter of two-time WWE Hall of Famer Ric Flair certainly has her parents to thank in part for her innate athletic abilities and bombshell looks, credit a hard work ethic and dedication to training and diet for her sleek, sculpted physique.



“My attitude is I don’t have to work out—I want to,” she says. “In the gym, you have to have constant discipline and a sense of wanting to be better every day. I thrive on that idea.”

Charlotte (born Ashley Elizabeth Fliehr) is part of a new generation of WWE Divas who’s more than just a pretty face. An unwavering training regimen is fundamental to success, as is learning the technical skills to continually elevate the athleticism that is part of her performance. “Most of us have played organized sports, and we’re able to show off some of that ability when we’re performing,” she says.

Despite a hectic travel schedule that keeps her on the road doing almost 300 shows a year (she returns home just once a week), Charlotte manages to keep her training on track. One of the first things she does when coming to a new city is to find the closest gym to the airport. She and tag-team partner, Becky Lynch, train for almost 90 minutes and then find the closest healthy market to grab fresh, clean foods. “I’ll even pick up eggs at a gas station at two in the morning!” she laughs.

Her perseverance has paid off. Last fall, Charlotte captured the Divas championship by defeating reigning champ (and former *Hers* cover model) Nikki Bella. “I take pride in being in shape

and eating healthy,” she says. Fitness has helped her through some difficult times, including the loss of her brother, Reid, two years ago. “You don’t have control over a lot of things in life, but you can manage training and diet.”

Although she grew up with wrestling royalty, Charlotte didn’t have much interest in entering the ring in her youth. She kept her focus on gymnastics, cheerleading, basketball, and volleyball. She won two high school championships before playing at Appalachian State in North Carolina (she later transferred to North Carolina State University). But her father had her in the gym at an early age. “He set me up with a personal trainer when I was in middle school, which helped me develop a routine and a competitiveness I don’t think will ever go away.” After graduation, she worked as a trainer before making the leap to WWE.

Her background has helped her adapt to some key moves inside the ring. “Wrestling is actually one

of the most unnatural things you will ever do,” says Charlotte. “It’s very physical.” Her WWE coach, Sara Del Ray, taught her to use her size (she’s a towering 5’10”) to her advantage. “I ooze confidence in the ring—even if I don’t feel that way everywhere else I go.”

Her famous father has mostly stayed on the sidelines. “He believes this is something I need to learn on my own,” she adds. But she’s adopted his signature howl, as well as his distinctive moves. (Her favorite is the Figure 8, a variation on Flair’s Figure 4 move, which she now calls “A Figure 4 with a bit of Flair.”)

And while she shows no signs of slowing down—her goal is to headline a major WWE event—she envisions a day where she has a family, perhaps bringing up a third generation of WWE stars. In the meantime, her focus is on opening more doors for women in WWE and keeping her own star shining. “I’m having way too good a time right now to slow down!”

HOW SHE DOES IT

TYPICAL WORKOUT:

Single body parts (back, shoulders, legs) three to four days a week, plus 1 full-body workout and 1 cardio day. For cardio, she switches between the elliptical machine at a high incline/resistance and the stairclimber for 20–30 minutes each.

DIET: “I try to eat every 2½ hours, with an emphasis on protein. I

eat a lot of tuna fish and I try to drink at least a gallon of water a day.”

CHEAT FOODS: Ice cream, cheeseburgers

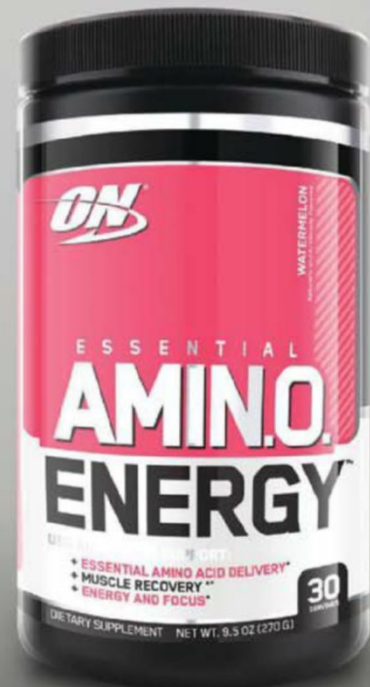
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INSIDE HER SUITCASE: Protein powder, peanut butter, oatmeal, and her Diva title!



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Pulse

M&F Hers
Jan/Feb 2016

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PUSH YOUR LIMITS!

› The start of a new year is the perfect time to challenge yourself with a new goal. Whether it's hitting a high in the weight room, reaching a PR in a race, stepping out onstage in a competition, or simply getting yourself up and moving more often while eating cleaner, this is your time to shine. We're here to help you every step of the way.

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Get gorgeous post-gym hair with simple tips and product advice.

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The perfect jeans for athletic women *do* exist! And they're sexier than ever.



BUILD A SEXY V-TAPER

Achieve your ideal physique by developing the perfect mix of features: a wide upper back; capped shoulders; a small, tight waist; and shapely thighs. Here, two figure pros dish their recipes for success.



GENNIFER STROBO

IFBB FIGURE PRO

KEY MOVES

For shoulders: Leaning one-arm side lateral raise, behind-the-back one-arm cable lateral. **For back:** Straight-arm rope pulldown, wide-grip chinup. **For quads:** Single-leg press, narrow-stance hack squat (add a pulse or half rep at the bottom). **For waist:** Ab vacuum.

TRAINING NOTES

"The key to creating that V-taper look is to work on rounding out your shoulders, widening your lats, keeping a lean, tight waistline, and getting a bigger quad sweep. If you can keep your abs at least somewhat visible you are able to achieve that look year-round. But for that tight waist, your diet needs to be 90% perfect in the off-season. Focus on keeping your diet clean and eating carbs around your workout so your muscles can best utilize them."



CANDICE KEENE

IFBB FIGURE PRO

KEY MOVES

For shoulders: Lateral raise, front raise with pause hold, upright row. **For rear delts:** Bentover dumbbell flye, seated high-cable row with wide pulley bar, rope face-pull. **For back:** Pullup (wide and narrow grip, overhand and underhand), wide-grip lat pulldown (overhand and underhand), V-bar close-grip pulldown, barbell row (overhand and underhand), dumbbell row, cable pullover. **For quads:** Leg press, leg extension, squat, lunge, and plyometrics. **For waist:** Plank variations.

TRAINING NOTES

"Developing a solid mind-lat connection is the 'secret sauce' for a beautiful V-taper. Prior to rear-delt and shoulder training, I like to perform scapular-retraction activation exercises with a resistance band: Hold arms in front of you, gripping the bands. Without engaging traps or bending elbows, squeeze shoulders together and down. To create shapely thighs, target the outer quad muscles by keeping feet together in squats, presses, and extensions. Finally, to create a tight waistline, focus on the deep abdominal muscles."



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1

Stand tall, with feet together, knees locked out, hips engaged, squeezing your butt, with abs tight, arms by sides, and back flat.

3

Jump feet into the top of a plank, chin tucked in, feet close. Lower into a pushup until your body reaches the ground, elbows close to body, and neck in line with rest of body. Allow thighs, hips, and belly to touch the ground as you keep knees straight and feet flexed.

2

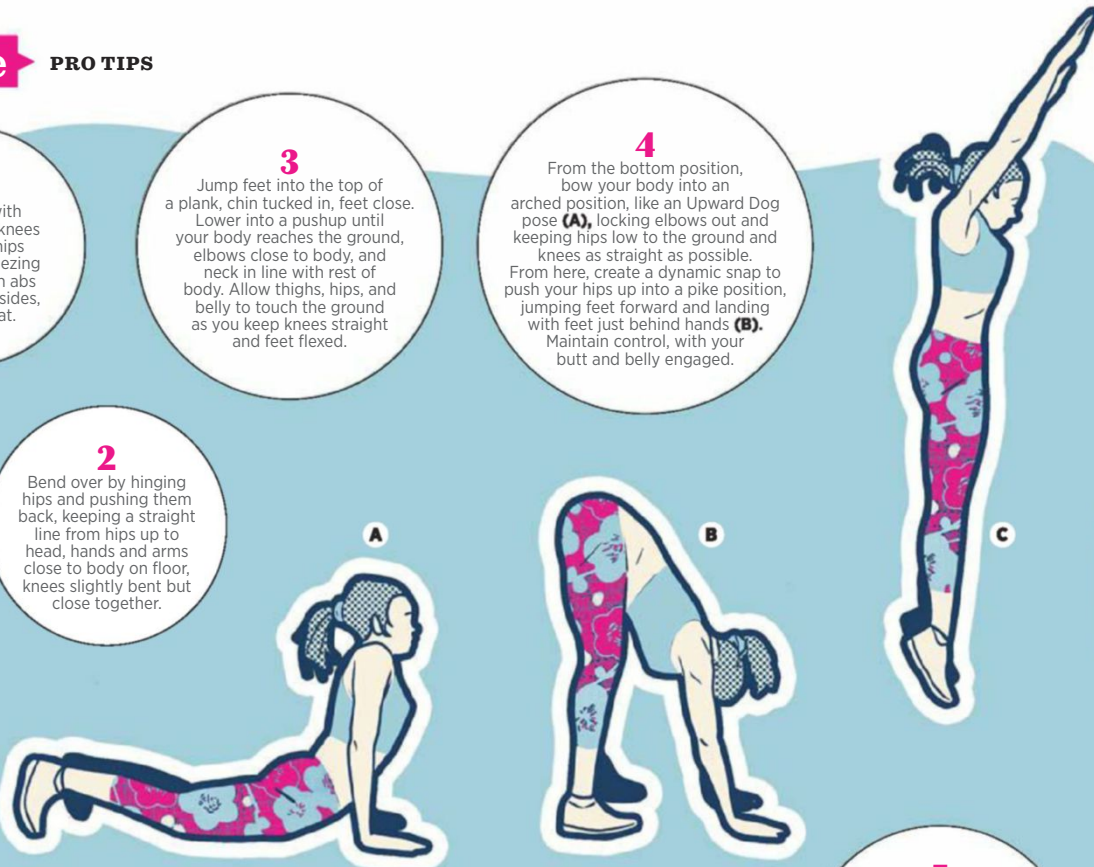
Bend over by hinging hips and pushing them back, keeping a straight line from hips up to head, hands and arms close to body on floor, knees slightly bent but close together.

4

From the bottom position, bow your body into an arched position, like an Upward Dog pose (**A**), locking elbows out and keeping hips low to the ground and knees as straight as possible. From here, create a dynamic snap to push your hips up into a pike position, jumping feet forward and landing with feet just behind hands (**B**). Maintain control, with your butt and belly engaged.

5

Return to standing by lifting chest to a partial squat position. Then perform the jump, keeping your body neutral, and your arms and torso in a slight hollow body position (**C**). Land in a narrow stance to put less stress on the knees.



Burpees Done Right

What's the best way to crank out 30 full-body blasters in a row? Strength and conditioning coach Carl Paoli has a secret: Add a bowing and piking action to conserve energy. "A less dynamic [standard] burpee style is valid if you want to focus on developing [upper-body] strength," says Paoli, "but bowing allows you to focus on skill," which can up your reps. So scrap everything you think you know about burpees and take it from this elite gymnast turned strength coach.

*BURPEE TIPS EXCERPTED FROM FREE+STYLE: MAXIMIZE SPORT AND LIFE PERFORMANCE WITH FOUR BASIC MOVES (VICTORY BELT, 2015).



Find a New Fitness Goal

If one of your New Year's resolutions is to challenge yourself with something new, consider entering a triathlon. The sport will whip you into shape while feeding your competitive edge. Fitness model and top triathlete Silvia Ribeiro shares some tips that help her finish strong.

► **Start small.** There's no need to jump right into a long-distance triathlon when a shorter race will give you the same thrill and help build your endurance without putting your body through unnecessary stress.

► **Eat right.** Sure, you can spend thousands on a fancy bike or other gear, but "your body is your most important piece of equipment, so treat it right," Ribeiro says. Practice taking in water or sports drinks during your training so you know what will work on race day, and keep a balanced diet so you have enough fuel.

► **Enjoy the journey.** Training for a triathlon takes time (usually at least three months of prep), so

be patient. "Finding joy in the process will make or break your stay-with-it power," Ribeiro says.

► **Stay positive.** "Your mind will try to take the easy way out during the more painful segments of the race, but a positive attitude can keep you focused," says Ribeiro. "In tougher moments, call to mind the goal you've set and the countless weeks of hard work you've dedicated to your training."

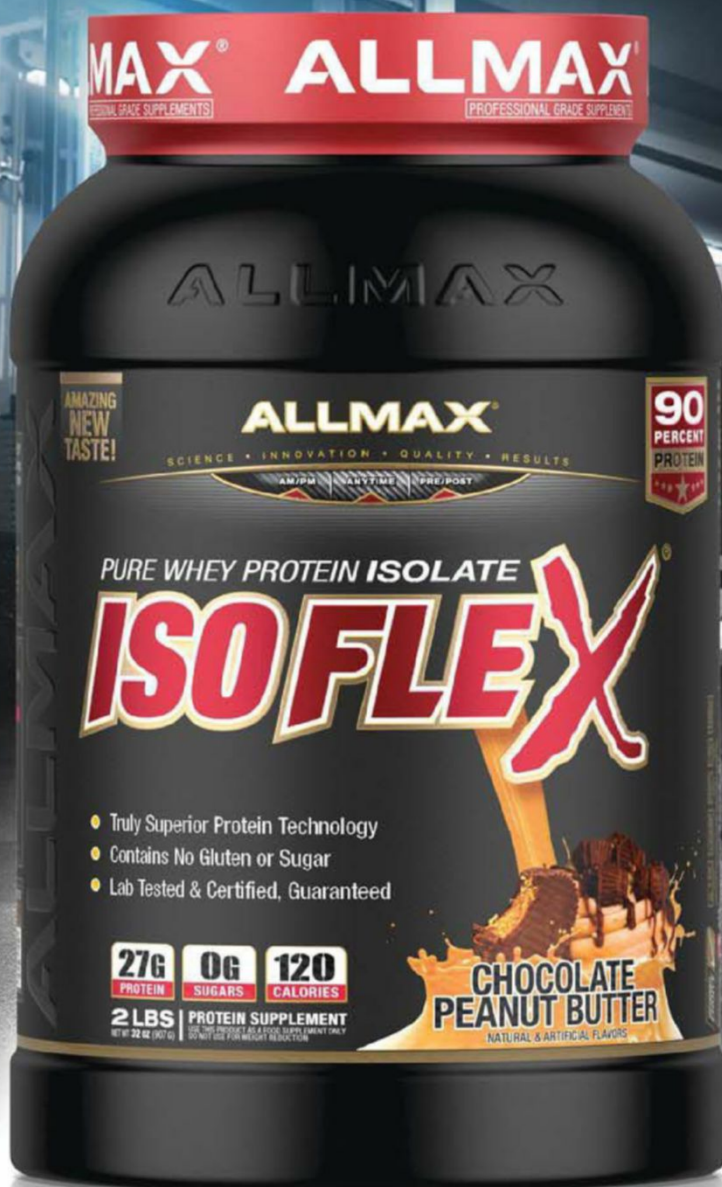
—DELFINA URE

FIND YOUR STARTING LINE

THE RACE	SWIM	BIKE	RUN
Sprint	0.5 mile	12 miles	3.1 miles
Olympic	0.93 mile	25 miles	6.2 miles
Half Ironman	1.2 miles	56 miles	13.1 miles
Ironman	2.4 miles	112 miles	26.2 miles

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Team Optum Pro Cycling

Rolling Together

BY CAT PERRY

• **CYCLING, JUST LIKE LIFTING**, isn't always a solo sport, especially when you reach elite levels like time-trial pro cyclist Alison Tetrick, who rides with team Optum Pro Cycling presented by Kelly Benefit Strategies. Tetrick's team and trainers capitalize on one another's strengths and weaknesses to get their team jersey across the finish line first. Tetrick says of team training: "Even though only one person wins a bicycle race, it takes a team to help deliver that rider to the finish line. Each rider needs to know their teammates' strengths and weaknesses and get comfortable following a teammate's wheel at speeds greater than 35 mph. It isn't about the strength of one individual rider; it is the strength and speed of the team."

Training for Wins

Tetrick's high-intensity cycling workouts usually last 1½ to three hours; her longer, more aerobic rides can be up to five hours. To build power and muscle strength in steady-state, hard efforts, she does three 20-minute intervals on



her favorite section of road while measuring heart rate, power output, cadence, and speed. "During the season, yoga and core strengthening are very important to build balanced muscles. I also love paddleboarding and planks to build my core. I dedicate my 'off-season' to running or hiking."

We caught up with Tetrick just after the USA Pro Challenge, an annual race that welcomes tough-as-nails male and female



16,000

NUMBER OF MILES TETRICK RIDES A YEAR—EQUAL TO CROSSING THE U.S. AND BACK THREE TIMES

65 MPH

FASTEST TETRICK SAYS SHE'S GONE ON HER BIKE

3,000

NUMBER OF CALORIES TETRICK BURNS IN A TYPICAL RACE (AS MUCH AS 1,000 CALORIES AN HOUR)

TETRICK'S PRE-RACE TRAINING WEEK

MONDAY

Time-trial practice, high-intensity (2–2½ hours)
 ▶ 4x5K efforts of rolling starts

our helmets so our team director can communicate about our effort, pace, and turns."

WEDNESDAY

Recovery (1–1½ hours)
 ▶ "Recovery is so important. It might include a one- to 1½-hour spin to keep the legs moving

at very light intensity. Most likely we end up at a coffee shop to indulge. We might do some team stretching and yoga to keep our flexibility and core strength solid."

THURSDAY

Lead-out practice (2–3 hours)
 ▶ Practice sprint

finishes: "We learn how to accelerate at high speeds to get our sprinter to the finish first."

FRIDAY

Easy ride (1½–2 hours)
 ▶ Low-intensity riding to keep the legs fresh for the intensity that is to come.

SATURDAY

Race scenario with climbing (3 hours)
 ▶ The team is split up into two. "We work on tactics and executing a plan to 'win' a mock race."

SUNDAY

Endurance ride (4–5 hours)
 ▶ Longer rides

are done at a lower intensity. "We work on building aerobic endurance and fuel and hydrate appropriately to build efficiency in the longer rides."

FOLLOW THE TEAM

@OPTUMpbKBS
 @AMTetrick
 @USAPro Challenge

cyclists from around the world to pedal across nine (for men; three for women) cities in Colorado, on some of the highest mountain passes in pro cycling. This is one of many races Tetrick's team cranks out in a year. Her routine just before a race like this is highly regimented—for good reason. Let's see what her team's pre-race training looks like.

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Meaghan Terzis
Cover Model &
Mother of Two



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Team up to
slim down:
Get goal
motivation
from a fit
community.

3 Ways to Train Smarter in 2016

Make this the year you achieve your dreams rather than the goals that got away. Here is advice from **Kelly Olexa**, founder of fitness portal **FitFluential** (fitfluential.com):

1. Find Your Favorite Apps



MyFitnessPal

Always rated a top 10 fitness app, MyFitnessPal lets you set your goals, track customized workouts, follow weight loss, monitor caloric windows, and record food with an in-app scanner. MFP Premium offers dietitian-approved meal plans and recipes; and a detailed macronutrient monitor.



Bit Timer App

Customize your HIIT or Tabata training with an in-app timer that warns you when it's time to stop and then get going again.

2. Train with a Heart-Rate Monitor

When Olexa first began training in 2008 she did a "metabolic assessment" test wearing a heart-rate monitor to collect data about her unique caloric burn for cardio and strength training. She was blown away to see that weightlifting burned up to 500 calories an hour. "Far too many people are guessing how much they burn while training—and then making food choices based on that. Trust me, get a heart rate monitor." Polar's latest tracker, the A360, monitors heart rate and more. See page 10 for details.

3. Join a Like-Minded Community

Olexa founded the FitFluential Community to create a supportive, inclusive network for fit people to share workouts, recipes, and their own compelling stories. "We've got CrossFitters, competitors, gym rats, yogis, runners, coaches, trainers, barre addicts, athletes, newbies, dancers, and everyone in between!" They all have one thing in common: an outrageously positive attitude and a contagious desire to help other people believe in themselves and reach their goals.



Kasia Sitarz
Sunwarrior Ambassador


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ALL ABOUT: Your Abs

3 BEST BODY-WEIGHT MOVES FOR YOUR ABS

Reverse Crunch



Bicycle Crunch



Stability Ball Crunch



(ACCORDING TO A STUDY DONE AT SAN DIEGO STATE UNIVERSITY FOR THE AMERICAN COUNCIL ON EXERCISE)



6 NUMBER OF MUSCLE GROUPS THAT MAKE UP THE CORE

- 1 Rectus abdominis (trunk flexors)
- 2 Multifidi
- 3 Erector spinae (back extensors)
- 4 Internal obliques
- 5 External obliques
- 6 Transverse abdominis



16,870

NO. OF BOOKS DEDICATED TO ABS ON AMAZON.

2

Number of ab moves you should do daily, four times per week, at three to four sets of 15 to 25 reps—no more, no less—going heavy, according to *Hers* technical adviser Gino Caccavale.



4 HRS, 26 MINUTES

LONGEST TIME SPENT IN A PLANK POSE (RECORD HELD BY MAO WEIDONG ON SEPT. 26, 2014).

1.2M

NUMBER OF TIMES THE PHRASE *SIX-PACK* IS SEARCHED FOR ON GOOGLE EACH MONTH.



4-6 WEEKS

LENGTH OF TIME AFTER HAVING A BABY THAT MOST DOCTORS RECOMMEND WAITING BEFORE DOING AB-FOCUSED EXERCISES LIKE CRUNCHES.



33.3%

The percentage of external obliques recruited when exercisers increased their rep speed to one rep per second, up from only 5.3% recruitment at 4 seconds per rep. **Translation:** For hard-gaining abdominal muscles like the external obliques, faster is better. The study from Universidad Miguel Hernández de Elche measured the effects of rep speed on muscle recruitment and coactivation of the rectus abdominis, internal obliques, external obliques, and erector spinae during curl-ups, at speeds of 4, 2, 1½, and 1 second per repetition.

CLOCKWISE FROM TOP RIGHT: TIM TADDER/CORBIS; VINCENT THIAN/AP PHOTO; PLUME CREATIVE/GETTY IMAGES; ANN & STEVE TOON/GETTY IMAGES; GSO IMAGES/GETTY IMAGES; LEV DOLGACHOV/ALAMY; IAN HOOTEN/CORBIS; CORY SORENSEN



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“WHAT’S THE BEST WAY TO DEAL WITH BLOATING?”



Bloating can stem from a number of issues, says Kim Oddo, a trainer and competition coach based in Temecula, CA. “I run a checklist with my clients to home in on exactly where the

issue is coming from.” This includes making sure they are getting enough essential fatty acids to aid digestion and adequate dietary fiber to push food through the intestines. He also looks for allergies to gluten, dairy, and sugars, which can cause bloating in the lower intestine, and makes sure dietary proteins aren’t too high (especially too many whey shakes, since whey can be processed too quickly, causing distention). But one of the easiest fixes is to drink more water, he adds, since the extra fluids help push waste through the intestines and alleviate belly bloat.



Q “HOW OFTEN SHOULD I INCREASE THE WEIGHT LOADS IN A BENCH PRESS TO BUILD STRENGTH?”

“Think progression, not max weight. Making small incremental gains weekly is more effective than slapping your goal weight on the bar right away,” says Gino Caccavale, *Hers* technical adviser. Bench just once a week, or at minimum take five days’

rest between workouts. Do six sets of five reps for 30 reps total, and start at 80% of what you usually begin with for the first set (not including your warmup). Increase by five pounds every set, keeping proper form. Each bench session, “add five pounds to last session’s starting weight. This may seem easy in Weeks 1 and 2 but will get harder as the weeks go on,” Caccavale says. “Training progressively overloads muscles without pushing to exhaustion or risking injury like some max-rep programs. By six to eight weeks, your bench will increase substantially.”



Q “I’VE BEEN WORKING OUT FOR YEARS, BUT NOW THAT I’M OVER AGE 40, I’VE NOTICED I’M GETTING SOME UNSIGHTLY BULGES AROUND THE FRONT SIDES OF MY BRA. WHAT CAN I DO?”

“Body fat tends to become much more stubborn as we get older, especially after age 35,” says Michelle Johnson, an IFBB bikini pro and trainer based in Washington, D.C. “Continue to train your upper pecs with presses and pec flies on an incline bench. Try 12, 10, 8, and 12 reps to start, increasing weight each set except for the last,” she says. For this larger muscle group, heavier weights develop muscle better. “Also add in the pec deck or dumbbell flye and the lat pulldown machine to tone the upper body. Cable flyes also challenge those muscles and target the fleshy underarm area.” Plus, try doing iso flyes and iso pulldowns with a resistance band between sets, which recruit stabilizer muscles in a big way. “And to help with loose skin, try green tea extract and collagen supplements, which may boost elasticity,” Johnson adds.

To keep your belly from bloating, aim to drink up to one gallon of water per day.

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“I Fell in Love with Working Out”

A series of health scares left Angela Arnold determined to make a change in her life for the better

BY KRISTIN MAHONEY

• **IN 2011, ANGELA ARNOLD** was at a crossroads. At 29 years old and 250 pounds, Arnold was battling depression and her knees buckled when she stepped out of bed. She’d also been diagnosed with diabetes and given two options: lose weight or be put on insulin medication for the rest of her life. Arnold made a decision. “I knew I needed to make some serious lifestyle changes to be around not only for my sons [Colby and Camron, ages 13 and 10] but also my future grandchildren.”

She started with small steps, doing Jillian Michaels workout DVDs for 15 minutes at a time. Each day she did a little exercise. “I walked a bit every day, then slowly increased my distances until one day I began jogging and then running.”

And while her journey wasn’t always smooth (poor technique led to a hernia that took three surgeries to correct), Arnold did her best to stay on track, and she shed 100 pounds in the course of a year.

Today, she stays motivated thanks to support from her family and friends. “You can feel beautiful and be happy about your body. Everyone starts somewhere—you just have to work your way up and be proud of each accomplishment along the way.”



CURRENT WEIGHT:

143 LBS

HIGHEST WEIGHT:

250 LBS



FITNESS INSPIRATION

“Last year, I went to the Musclemenia competition in Las Vegas, and I watched Ruby Carter Pikes, a great-grandmother in her late 60s, win the overall masters competition. It made me realize I had no excuses, and I didn’t want to miss out on the part of my life where I could say I did that.” Arnold entered her first fitness competition last June and placed second. “I didn’t want to go onstage—I had a lot of self doubts. But I realized that I also had the chance to inspire others.”

KEY SUPPLEMENTS

Protein powder, aminos, BCAAs, and creatine



FAVORITE CHEAT FOODS

Doughnuts and Trader Joe’s cookie butter.

TRAINING PLAN

Arnold strength trains five days a week and includes cardio. She does one day of high-intensity interval training.



FAVORITE CLEAN MEAL

Raw oysters

FAVORITE EXERCISE

Lat pulldowns. “Focus on squeezing the muscle and paying attention to form.”



SAMPLE SCHEDULE

Leg day

(done twice a week)

- Deadlifts
- Squats
- Walking lunges
- Kickbacks
- Hip thrusters
- Leg presses
- Leg extensions



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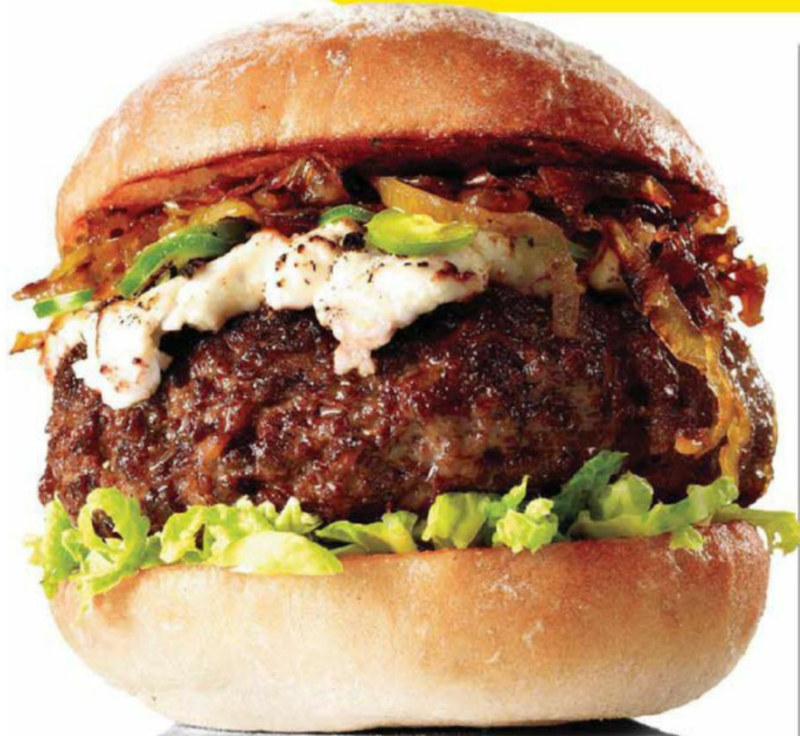


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200

CUBIC MILLIMETERS DIFFERENCE IN HIPPOCAMPAL VOLUME BETWEEN INDIVIDUALS WHO ATE A HEALTHY DIET AND THOSE WHO CONSUMED AN UNHEALTHY DIET.



Cautions for Cheat Day

BY DIANA KELLY

• **OVERDOING IT ON JUNK FOOD** could be damaging your noggin over time, suggests research published in the journal *BMC Medicine*. Researchers conducted a study among 250 older adults and found that eating an “unhealthy Western diet” (hamburgers, chips, and soft drinks) was associated with a smaller hippocampus, the area of the brain that’s associated with learning and memory. “Previous research in animals tells us these sort of unhealthy diets lower levels of proteins in the brain that protect it from shrinking,” says Felice Jacka, lead author and an associate professor at Deakin University in Australia. “Unhealthy diets were associated with a smaller hippocampus no matter the amount of healthy food consumed, and vice versa.” So if you have a cheat day coming up, keep it to just a meal instead.

7 Best Produce for Avoiding Weight Gain

A STUDY OF ALMOST 118,000 PEOPLE FOUND THAT DAILY SERVINGS OF THESE FOODS WERE ASSOCIATED WITH THE LEAST AMOUNT OF WEIGHT GAIN OVER A 24-YEAR PERIOD.



Soy



Apples



Pears



Berries



Cauliflower



Peppers



Carrots

Surprisingly Healthy Super Bowl Snacks

If you're looking for a smarter alternative to munch on during those NFL post-season games, try serving up these tasty treats, which are all wheat- and/or gluten-free and lower in sodium than traditional chips.



Blue Diamond Almond Nut Thins are perfect for layering

cheeses, veggies, and spreads. We like the cheesy flavors (Pepper Jack and Cheddar). (16 crackers: 130 calories, 3.5g fat, 3g protein)



Lundberg Organic Fiesta Lime Rice Chips have a zesty lime flavor and

are finger-licking good on their own or dipped into salsa. (9 chips: 140 calories, 6g fat, 1g fiber, 2g protein)



Famous Organic Original Falafel Chips are gluten-free and

made with 21 herbs, vegetables, spices, and legumes for a unique chip that pairs perfectly with hummus dips. We like that the snack contains 5 grams of good-for-you monounsaturated fats per serving. (10 chips: 123 calories, 6g fat, 3g fiber, 3g protein)



The Packaging Term That Makes You Eat More

Before you toss that box of cereal or granola bars in your shopping cart just because it says “fitness” on it, pause and read the entire nutrition label. New research published in the *Journal of Marketing Research* says that when people who are concerned about their body weight saw the term “fitness” on a packaged food, they often consumed more of the product.

E Is for Eat This

A recent analysis published in the journal *PLOS One* found that up to 68% of 31- to 50-year-olds in the U.S. don't get the recommended daily intake of 15mg of vitamin E, which is associated with cognitive function, reproduction, and overall mortality. Lisa R. Young, Ph.D., R.D., author of *The Portion Teller Plan*, advises eating two or more of these daily:

- ¼ cup nuts or seeds (such as sunflower seeds or almonds)
- 2 tbsp nut butter
- 1-2 tbsp vegetable oil
- ½ avocado
- 1 cup pumpkin
- 1 cup spinach or other greens
- 2 tbsp wheat germ



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Tip: Shrimp cooks up faster than chicken and with less prep work.

Speedy Suppers

Want a protein-packed dinner that's on the table in just 15 minutes? These seaworthy dishes cook up quickly when you want a healthy meal in a hurry.

BY CAT PERRY

A Hummus-Crusted Baked Fish

Recipe by Christine Bullock, creator of Evolution 20 and co-creator of KAYO Better Body Care

MAKES 4 SERVINGS

INGREDIENTS

- 4 (6 oz each) barramundi fillets (or use tilapia or halibut)
- Juice of ½ lemon

- ½ tsp salt
- ½ tsp ground pepper
- 6 tbsp hummus
- 1½ tbsp minced fresh dill
- ¼ cup gluten-free breadcrumbs
- 1 tbsp finely grated Parmesan cheese (optional)

DIRECTIONS

1. Preheat oven to 375°F. Line a baking sheet with foil and lightly coat the foil with cooking spray.
2. Place fish on the foil and squeeze lemon over top. Season with salt and pepper.

3. In a small bowl, combine hummus and dill, spread evenly on fish.
4. In another bowl, combine breadcrumbs and cheese. Sprinkle over the hummus-topped fish.
5. Bake until the fish is cooked through, about 15 minutes, and serve.

PER SERVING

Calories: 195, Fat: 4g, Saturated Fat: 0g, Carbs: 11g, Fiber: 2g, Protein: 37g

B

Shrimp Fra Diavolo

Recipe adapted from *Eat This, Not That!* for Abs, by Mark Langowski and the Editors of *Eat This, Not That!* (Galvanized Books, 2016)

MAKES 4 SERVINGS

INGREDIENTS

- ¾ lb shrimp, peeled and deveined
- Salt and black pepper, to taste
- ½ tbsp olive oil
- 2 tsp red pepper flakes
- 1 small onion, chopped

- 2 garlic cloves, minced
- ¼ tsp dried oregano or thyme
- 1 (28 oz) can crushed tomatoes
- 1 cup dry white wine
- 8 oz spaghetti
- 2 tbsp chopped flat-leaf parsley

DIRECTIONS

1. Season shrimp with salt and pepper. Heat oil in a large skillet over medium heat. Add shrimp; cook 1 to 2 minutes, until just firm. Transfer to a plate.
2. Add pepper flakes, onion, garlic, and oregano to skillet; cook until onions are soft. Add tomatoes and wine; simmer 10 to 15 minutes.
3. Meanwhile, cook the spaghetti according to package instructions. Drain and return to pot.
4. Season sauce with salt and pepper. Fold cooked shrimp into sauce. Pour over spaghetti and toss. Garnish with parsley.

PER SERVING

Calories: 264, Fat: 3g, Saturated Fat: 0.5g, Carbs: 34g, Fiber: 5g, Protein: 27g



PROTEIN CATCH OF THE DAY

There are so many fish in the sea, but which one to choose? Look for those that are high in muscle-building protein and heart-healthy omega-3 fats but are relatively low in mercury. Below, a few of our favorite types and their protein and mercury levels per 3.5-ounce serving. For more details on mercury levels, check the Seafood Watch List at montereybayaquarium.org.

—KRISTIN MAHONEY

FISH:

- ALASKAN SOCKEYE SALMON 26G
- ATLANTIC SALMON 25G
- SARDINES 24G
- ALBACORE TUNA CANNED IN WATER 23G
- TILAPIA 22G
- HALIBUT 22G
- FLOUNDER 15G

SMART SHELLFISH:

- CLAMS 25G
- SHRIMP 24G
- MUSSELS 24G
- SCALLOPS 20G
- LOBSTER 19G
- OYSTERS 19G
- CRAB 17.3G

KEY:

- : MODERATE MERCURY, AIM FOR NO MORE THAN SIX SERVINGS A MONTH
- : LOW MERCURY, SAFE TO EAT
- : HIGH IN OMEGA-3S

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Making extra food in advance helps you eat clean all week.

Prep Time

Make meal preparation a breeze with these essential planning tips and strategies

BY CAT PERRY

• **THERE'S NO BETTER WAY** to keep your diet on track than prepping the food you need for the week in advance. But food prep doesn't need to be a total time suck, says Beachbody fitness trainer Autumn Calabrese, creator of the "21-Day Fix" program. Advanced planning can help you get out of the kitchen and on with your day.



Prep your kitchen.

"Being prepared isn't half the battle—it is the battle," says Calabrese.

"You'll save hours of frustration just by having the right tools and pantry essentials." You'll find her faves on the next page.

Keep it fresh.

Don't fall prey to serving up the same thing every day, notes Calabrese. "I try to

change up my fruits and veggies each week and even how I prepare my protein so my taste buds don't get bored." A few simple tweaks, like changing the spice, swapping out a different grain, or giving something an ethnic flavor can make a big difference to your palette, adds Calabrese. **Know what you want.** Take a few minutes to decide what meals you want for the week, mixing and matching from the grocery list on

the next page, and prep your food on Sundays (or whichever day you have the most downtime). Using an app (Calabrese recommends her 21-Day Fix app) can help you keep track of all your meals and calories. **Stock up on storage.** Invest in some leak-proof containers with airtight lids to keep your meals fresh and secure. Make sure they're microwave safe if you're planning to heat your food.



Eat Right on the Road

Traveling for work (or pleasure) doesn't have to mean giving up on your healthy diet. These meal-prep companies will deliver to your doorstep around the country.

- **Icon Meals:** Delicious clean-eating meals that competitors and elite athletes alike use daily. Schedule a delivery online and your meals will be ready the next day. (iconmeals.com)
- **My Metabolic Meals:** High-quality custom meals made with the cleanest ingredients, with three levels of plans to meet everyone's needs. (mymetabolicmeals.com)
- **Real Food Works:** Seasonal whole foods created to improve your health, weight, and energy levels. Dishes feature responsibly sourced meat with nothing processed or artificial. Choose from meat or vegan options. (realfoodworks.com)

SHOPPING LIST ESSENTIALS

VEGGIES & FRUITS:

Vegetables:

- Organic greens (like kale and spinach)
- Bell peppers (yellow, orange, red)
- Asparagus
- Zucchini
- Sweet potatoes
- Onion
- Garlic

Fruit:

- Apples
- Strawberries
- Blueberries
- Grapes
- Bananas
- Grapefruit
- Lemons
- Limes

KEY PROTEINS:

- 99% lean ground turkey
- Chicken breast

- Top sirloin
- Multigrain bread (like Ezekiel)
- Eggs (aim for organic)
- Egg whites
- All-natural peanut butter (aim for organic)
- Low-sodium, nitrate-free roasted deli turkey

EXTRAS:

- Natural nutrition bars (like Kind)
- Unsweetened coconut and/or almond milk

CLEAN KITCHEN PANTRY STAPLES

- Coconut oil
- Light olive oil
- Coconut oil spray
- Salted butter (aim for organic)
- Himalayan sea salt

- 21-seasoning spice
- Pumpkin pie spice

SWEETENERS:

- Agave
- Organic raw honey

GRAINS:

- Brown rice
- Quinoa
- Almond flour

STORAGE & COOKWARE:

- Containers
- Wood cutting board
- Good kitchen knives
- Nonstick pots and pans
- Sandwich bags
- Plastic wrap, tin foil

FOR TASTY, EASY RECIPES FROM CALABRESE'S 21-DAY FIX PLAN TO MAKE ON MEAL PREP NIGHT, GO TO MUSCLEANDFITNESS.COM/21-DAY-FIX

Must-Have Meal Bags

These three totes let you take your food with you without sacrificing style



Six-Pack Fitness Renee Meal Management Tote

This sleek work bag holds up to four meals: The main compartment can fit your laptop and phone, while your food stays cool in a separate inside pocket. (\$170, sixpackbags.com)



PackIt Freezable Lunch Bag

Keep this clever meal bag in the freezer before you pack it up, and the built-in freezable gel pad will keep your food cold for up to 10 hours. (\$20, packit.com)



Fitmark Mason's Bag

Perfect for fit moms on the go, this hybrid prep/diaper bag has plenty of room for baby supplies and a separate compartment for two meal containers and ice packs (both included). (\$120, fitmarkbags.com)

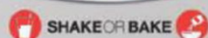
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Freeze It!

Pick up unexpectedly clean cuisine in the frozen foods aisle

BY CHRISTOPHER MOHR, R.D., PH.D.

• **THE PRODUCE AND MEAT AISLES** aren't the only sections of the supermarket that deserve your attention when you're trying to eat healthy. Next time you're grocery shopping, spend a couple of minutes in the freezer section. Tucked between those gallons of ice cream and frozen pizzas is a surprisingly healthy array of quality foods that can help speed your prep work and keep your diet on track. Below, a few key items to consider.

FRUITS AND VEGETABLES

Depending on where you live, fresh fruits and vegetables can have their limits in the winter months. A pint of blueberries or raspberries can not only be pricey, they can also lack flavor. Because most fruits and vegetables are flash frozen at peak ripeness, the nutrients aren't lost. In fact, a study from the University of Georgia comparing fresh fruits and vegetables to their frozen counterparts found the frosty options had higher

SPROUTED GRAIN TORTILLAS

Unlike traditional tortillas found in other sections of the supermarket, sprouted grain tortillas are a great source of fiber, vitamins, minerals, and even protein. And quality carbs like these provide fuel for your hardworking muscles. Because they're often made without added preservatives, they need to be kept in the freezer to maintain their freshness.

Try this: Food for Life Sprouted Grain Tortillas.

meals have a much healthier spin (and better flavor). So how do you pick from the endless options available? Try to choose a meal that has at least 25 grams of protein and 3 grams of fiber. Then balance out the rest of your plate with a side salad or some steamed veggies for even more fiber.

Try this: Stouffer's Fit Kitchen, a new line that boasts an impressive 25-plus grams of protein per meal.

WILD SEAFOOD

You already know about the many benefits of omega-3 fats, which can help improve muscle recovery, may protect against heart disease and dementia, and may even complement fat-loss efforts. Fish, particularly wild salmon, is an easy way to boost your omega-3 levels. Freshness is preserved, since like fruits and vegetables, fish are typically flash frozen. Frozen fish is also usually significantly cheaper than the fresh alternative, and it will last for up to six months in your freezer—unlike fresh, which needs to be cooked within a couple of days.

Try this: Whole Catch (available at Whole Foods).

3 Chilled Choices to Avoid

Frozen Yogurt: Don't be fooled by the health halo—most frozen yogurts are filled with sugar and are not much different from ice cream when it comes to overall nutrition.

Frozen Juices: These are packed with sugar and none of the fiber of whole fruits. If you're craving juice, look for 100% fruit juice with no added sugar.

Frozen Breakfast Sweets: With as little as much sugar as a can of soda, these foods, like Toaster Strudel, are a dangerous way to start your day.

levels of many vitamins and minerals. Frozen veggies cook up fast, and fruits are great ingredients for making smoothies taste richer.

Try this: Cascadian Farm Organic Berries.

FROZEN DINNERS

Don't automatically pass the frozen dinner case. Although traditional TV dinners lacked flavor, left you hungry, and were filled with sodium, the new generation of premade

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What's really sexy? A strong, sculpted physique.

Fight Skinny Fat

A top fitness model reveals how adding muscle through regular training transformed her body and mind

BY KRISTIN MAHONEY

• **SKINNY ISN'T NECESSARILY SEXY.** And the phenomenon known as “skinny fat” (a svelte appearance that camouflages an otherwise unhealthy physique) can affect many women who equate thinness with beauty. Fitness model Jenna Renee Webb confesses that before she started training a few years ago, she was slim on the outside, but not in great shape underneath. “I went from having absolutely no definition to transforming my body with regular strength workouts,” she says.

Today, Webb hits the gym five days a week doing a combination of strength, HIIT workouts, and circuit training. Check out her favorite leg day routine for building muscle and boosting metabolism, along with her top tips for losing fat and staying healthy.

LEG DAY WORKOUT

Warmup: Start with dynamic stretches, including walking knee pulls to chest, lunges, walking heel pulls, and walking leg curls/pulls.

• **Squat** (6 sets)
For the first set, do 15–20 reps with light weight. Then add weight for 8–10 reps for the next 5 sets.

In between sets:
Do 15 reps of standing kickbacks with ankle weights or bands.

• **Single-leg Press**
(4 sets, 15 reps)
To better target your outer glutes, turn your toes slightly inward with your knee following the direction of your toes.
In between sets:
Do 15 reps of plyometric jumping lunges.

• **Weighted Walking Lunge**
(4 sets, 10–15 reps per leg)
In between sets:
Do box jumps as high as you can; aim for 15 reps.

• **Leg Curl**
(4 sets, 8–15 reps)
In between sets:
Do various resistance band exercises. For example: lateral steps, squats with lateral leg raises, and jump squats. (Keep legs at about a 90-degree angle to engage glutes.)



Jenna's Fat-Burn Strategies

1

Hydrate often:

“I try to consume about one gallon of water a day to make sure I stay hydrated.”

2

Chow down:

“I eat about every three hours. It helps to continuously reset my metabolism and kick my fat burning into high gear.”

3

Run up:

“I hate cardio, but I love incline sprints to burn fat while building the booty. Plus, it's efficient; I never spend more than 30 minutes on a treadmill.”

4

Finish strong:

“At the end of the week, I usually do a full-body circuit workout that's fast paced with higher reps. This hits all the major muscles while also amping up the calorie burn.”

5

Sleep well:

“Get enough sleep! Your body builds muscle at rest, so don't shortchange your ability to get stronger and leaner.”



Favorite Supplement: Webb's go-to supplement for fat loss? Hydroxycut SX-7. The advanced formula features seven thermogenic agents, including *Myristica fragrans* for energy, *Ecklonia cava* for health, *Salvia officinalis* for focus, raspberry ketones to boost metabolism, green coffee extract to help prevent fat storage, and yohimbe and caffeine to release stored fat.

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More Bad News About BPA

BY DIANA KELLY

• **IF YOU HAVEN'T SWAPPED** your plastic water bottle for a bisphenol-A (BPA)-free one yet, here's more evidence about why you should: Mice exposed to BPA just before, during, and right after pregnancy had offspring that were less active and more predisposed to burning carbs over fats, according to a recent study. "Since the same brain regions in humans and rodents govern physical activity motivations, the research suggests that early exposure to BPA could disrupt motivation to engage in exercise," says Cheryl Rosenfeld, a researcher at the University of Missouri's Bond Life Sciences Center.

BEYOND THE BOTTLE

Here's where else you can find BPA and how to minimize your exposure.

Thermal-printed receipts: Most receipts from gas stations or restaurants are loaded with BPA, so handle with care or not at all.

Plastic containers: Pack meals in glass containers whenever possible. While BPA-free plastic containers are available, many contain phthalates, a chemical that may be a hormone disrupter, according to Joe Kurian, Ph.D., assistant research professor of obstetrics/gynecology and internal medicine at Southern Illinois University School of Medicine.

Tin cans: The lining of tin cans often contains BPA to help keep food fresh. Rinse off any vegetables that come in a can or buy foods fresh, frozen, or in glass jars whenever possible, says Kurian.



6 Reasons to Go to Bed Earlier Tonight

Numerous studies show shorting yourself on sleep can impact not only your health but also your training. Harneet Walia, M.D., of the Sleep Disorders Center, Cleveland Clinic, Ohio, explains how getting seven to nine hours of shut-eye can help you live a happier, fitter life:

You'll be less hungry: When you lack snooze time, levels of the appetite-controlling hormone leptin decrease, while levels of the appetite-boosting hormone ghrelin rise.

You'll recover faster: A good night's sleep boosts growth hormones, which allows for regeneration of cells and muscle growth.

You'll boost fat loss. Too little sleep has been linked to an increase in the stress hormone cortisol, which may impact insulin resistance, a risk factor for obesity and diabetes.

You'll enhance performance. Studies show athletes who experience sleep loss report a reduction in sports-specific performance.

You'll minimize the sniffles. Some data say that chronic sleep deprivation is associated with immune system depression, says Walia. So people who sleep less may be more susceptible to the common cold.

You'll want more sex. A recent study found that women who went to bed earlier were more likely to be in the mood for sex the following day than women who were sleep deprived.



DO THIS TO RUN FASTER

Running slower as you get older? Pick up the jump rope: Research shows that a shorter stride length associated with aging may be the reason we can no longer hit those PRs. But explosive exercises like rope jumping that build calf-muscle strength and power may help runners maintain stride length and velocity, according to Paul DeVita, Ph.D., a professor at East Carolina University.

2.1

NUMBER OF POINTS ON THE BMI SCALE GAINED FOR EVERY HOUR OF SLEEP LOST OVER A FIVE-YEAR PERIOD.

*SOURCE: UNIVERSITY OF CALIFORNIA, BERKELEY

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Roll with It

Foam rolling may be the most important part of your workout you're not doing

BY NATALIE GINGERICH MACKENZIE

• **NO TIME—OR BUDGET**—for a regular sports massage? Using a foam roller may be an ideal (or maybe even better!) way to improve your fitness gains and reduce your risk of injuries. Rollers are relatively cheap (most range from about \$10 to \$50, depending on their features) and readily available at just about every gym. Plus, it doesn't take long to get the job done—or to see an effect on your body.

Regardless of your fitness level, almost everyone who is in good health can benefit from rolling out regularly, says Steve Barrett, a personal trainer and author of *Total Foam Rolling Techniques*. Whether it's from hard training or simply spending too much time sitting around, congestion can form around your skeletal tissue, he explains. "Rolling breaks up some of these blockages, helping the muscles and surrounding fascia to become more malleable and pliable," Barrett says. "Plus, it improves your posture, the way you feel, and the way you move."

And while it might not improve your one-rep max, rolling is crucial to keeping your

training on track. "When you strength train regularly, if you don't also do something to maintain flexibility and mobility it's kind of a vicious circle," says Barrett. "You get stronger, but you lose range of motion. And if you can't use full range of motion, you can't use the muscles you've developed."

In fact, the more you train, the more you should roll. While most people will see benefits from rolling first thing in the morning or while watching TV at night, serious athletes may need to do it up to three to five times a day for max benefits. Ideally, plan to roll before a workout for improved range of motion or after



ROLL IT RIGHT

Make the most of your time with these pro tips

1. GO SLOW. FOR THE BIGGEST EFFECTS, ROLL SLOWLY ALONG THE ENTIRE LENGTH OF THE MUSCLE. SPEND ENOUGH TIME ON EACH MUSCLE TO ALLOW IT TO RESPOND—AT LEAST 60 TO 90 SECONDS, SAYS BUSHELL. THAT'S FIVE OR SIX SLOW ROLLS, NOT ONE OR TWO FAST ONES.

2. RELEASE YOUR TRIGGERS. IF YOU FIND A HOT SPOT MIDROLL, STOP AND ROLL BACK AND FORTH OVER THE AREA UNTIL IT RELAXES. THE MOST COMMON TIGHT SPOTS FOR WOMEN ARE IN THE CHEST (PECS), LOWER GLUTES (PIRIFORMIS), THIGH (HIP FLEXORS), OUTER THIGH (IT BAND), AND LOWER LEG (CALF).

3. STICK WITH IT. IT TOOK A WEEK OF STEADY ROLLING FOR THE SUBJECTS IN A RECENT STUDY TO SEE BENEFITS. AN "OUCH" IS NORMAL FOR A FEW SESSIONS BEFORE YOUR BODY ADAPTS. "I DON'T THINK ANYBODY THINKS IT FEELS AMAZING AT FIRST," SAYS BARRETT. "BUT IT'S NO DIFFERENT FROM YOUR FIRST SPIN CLASS. AFTER THE FIFTH CLASS, YOU THINK, 'WHAT'S ALL THE FUSS?'"

4. USE YOUR BODY WEIGHT. MANUALLY PRESSING THE ROLLER OVER YOUR BODY WON'T PROVIDE ENOUGH PRESSURE TO RELEASE THE MUSCLE FIBERS.

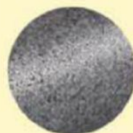
5. KNOW WHAT NOT TO ROLL. KEEP AWAY FROM BONY AREAS LIKE THE KNEES AND ANYTHING THAT'S AN ACUTE TRAUMATIC INJURY, LIKE A BRUISE OR A TEAR.

for faster recovery. “If you do a huge amount of activity, you have the potential to create a huge amount of congestion,” says Barrett. The one caveat: The effects are fleeting, so you have to roll regularly if you want to continue to see benefits. And doing it daily—or as close to it as you can—is key to maintaining the effects.

Increasingly, research supports foam rolling’s benefits. One recent study found foam rolling the quads five times a week led to increased range of motion during lunges done immediately after rolling. While this doesn’t necessarily translate to better performance, the increased range of motion carries over to activities where you have to move, run, jump, and bend, says lead researcher Jennifer Bushell, an athletic trainer at the University of Ottawa in Canada. Meanwhile, a 2015 research review in the journal *Current Sports Medicine Reports* looked at nine different randomized controlled trials on foam rolling and found that in addition to increasing range of motion, rolling also decreased post-workout soreness and fatigue. And that may mean a better workout tomorrow.

Foam Roller 101

When foam first rolled onto the market in the ‘80s, your choices were fairly limited—length and (maybe) color. Today, there are a lot more options. A few considerations to keep in mind:



Material

Choose the firmest density you can tolerate. Beginners may prefer a softer roller, which is typically one made from a high-density foam. The next hardest is EVA (ethylene vinyl acetate), which looks more like rubber or vinyl; then a pipe roller, which is a solid pipe wrapped in EVA foam. **Beware:** Go too soft and the roller won’t provide enough pressure for you to fully benefit, says Bushell.



Surface

Rollers range from smooth foam to significant peaks and valleys. Not only are the most ruggedly spiked rollers not for the faint of heart, but research suggests that no extra benefit comes with that extra pain. Stick to a smooth or lightly textured roller, especially when you’re first starting out.



Size

Either long (usually three feet) or short (one foot) rollers can be used for virtually any exercise, but some people find longer ones easier to use on certain body parts (like the upper back), while shorter ones can be easier to get into tighter spots (like the inner thigh).

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*with experience, based on figures from U.S. Dept. of Labor's BLS website



Get Sexy Gym Hair—Now!

Post-workout hair can be sweaty, frizzy, or superflat—but don't worry! A few travel-size tools and pro tips will set your flyaways straight. We asked IFBB pro Ana Delia De Iturrondo and pro hair and makeup stylist Jocelyn Price (*jocelynhairandmakeup.com*) for their best advice for how you can pull off a locker room va-voom. BY CAT PERRY AND GABY CHIANG

Ana Delia's Luscious Hair How-tos

REGULAR REGIMEN:

"I use a restorative Moroccan oil hair mask every week. Every two weeks I do a hot oil treatment with a mix of equal parts coconut and olive oil: I warm oil in the microwave, apply to damp hair, put on a shower cap, and let it sit for 15 to 20 minutes, then rinse with shampoo and conditioner." Always in her gym bag or purse: Dry shampoo (A) to keep hair looking fresh between washes and to add instant volume. "I



look for shampoos and conditioners for deep moisture, colored hair, and antifrizz (B). I use leave-in conditioner (C) after shampooing to detangle and protect from styling tools." For the beachy look: "I apply a cream leave-in treatment until hair is a bit damp and then tie in a loose braid, let it dry, then undo braid for natural beach waves. Then I'll apply a few drops of oil treatment."

NO-FUSS UPDO:

"Tying my hair up high in a bun while training helps keep it fresh between washes and is easier to style after exercise." Other favorite looks: "With a hair dryer (D) I dry my scalp with my head upside down and tie hair in a loose braid. Or after my hair dries, I tie it high up like an *I Dream of Jeannie* style, then divide hair in four to six big chunks and curl each section with a one-inch or bigger curling iron wand. Then I take off the hair tie and voilà!"



Stress-Free Tresses from Pro Stylist Jocelyn Price

1. Beauty Blowout in Less Than 10 Minutes:

Rough-dry any excess moisture at the roots. Apply dry shampoo to the roots of your crown. Then, using a

round brush, smooth hairline frizziness and give your roots some volume by directing the hair straight up from your scalp and blow-dry using moderate tension. Once excess moisture is gone and hair has cooled, apply dry shampoo as needed. Finish with a drop of serum or cream on ends.

2. Top Knot or Sock Bun: If you don't have time to fully dry your locks, rough-dry the excess moisture and apply dry shampoo at the roots. Put your hair in a top knot or ponytail and use a bun doughnut to position hair into a bun. Secure with bobby pins. Finish with a spritz of hairspray.

3. Brush-up Essentials: Always travel with a Mason Pearson brush or one with natural boar bristles for smoothing and shine. Or bring a Goody QuickStyle brush (E), which has microfibers between regular bristles that absorb moisture faster.

4. 5 Best Dry Shampoos: Bumble & Bumble comes in five different tints, Oribe Priming Mist (F) smells great, Schwarzkopf Osis Refresh Dust is long lasting, Bed Head Rockaholic Dirty Secret is great for fine hair, and Not Your Mother's Clean Freak is very affordable.

5. 3 Favorite Serums or Creams: Bumble & Bumble Defrizz is great for humidity, less is more with Organix Coconut, and Got2b Glossy is a light silicone-based formula.



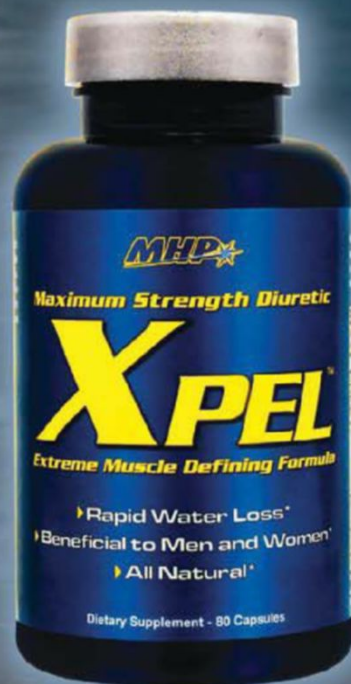
PER BERNAL (ITURRONGO): LEIGH HAGEN/LHGX PHOTOGRAPHY (PRICE): A) KERASTASE, COUTURE STYLING POWDER BLUFF, \$37; B) GARNIER FRUCTIS STYLE, SLEEK AND SHINE ANTI-HUMIDITY SMOOTHING MILK, \$4; C) ALTERNA HAIRCARE CAVIAR CC CREAM, \$25; D) AMIKA DELIPHICA TRAVEL BAG WITH FLAT IRON, \$107; E) GOODY QUICKSTYLE BRUSH, \$12; F) ORIBE FOUNDATION MIST, \$26

THE FINAL STEP

For A Perfectly Lean Body

Do you struggle with shedding those last few pounds to accentuate your perfectly lean physique? All too often, no matter how hard you work out and diet, you just can't seem to lose those last few pounds to highlight your muscle tone and definition. The fact is, most women are storing 5-10 lbs. of excess water, causing them to look soft and bloated. Fortunately, XPEL, the powerful all-natural diuretic, can help you drop water weight fast. It's so effective that within 12 hours, XPEL will begin to shed the excess water weight and reveal your sexy, lean and toned body.

XPEL is the final step in your pursuit of physical perfection.



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Sexy Denim Jeans for Athletes

Next to your workout wardrobe, denim is the single most important type of clothing you slip on almost every day. But do you have the perfect pair? The fit that's an insta-hit hugs your bottom just right, cinches at the waist like no other, and forgives all figure flaws. These six pairs of jeans do exactly that. Move over, diamonds: With superflexible, soft-touch fabric and cuts designed for all athletes, these jeans are a girl's best friend.

BY CAT PERRY | PHOTOGRAPHS BY NICK FERRARI

1

Guess Coated Black Push Up Jegging

You're the It girl in these high-rise second-skin waxed denim jeggings that give you an instant lift. Made with a lightweight supersoft Tencel blend that retains its shape all day long. \$128, guess.com

Nine West Stiletto
ninenwest.com



2

Fran Denim Medium Rise Stone Washed Jeans

Crafted for women who challenge the limits of their physiques, this skinny-cut jean, designed by a CrossFitter, keeps it classic and sexy. \$88, frandenim.com

**Timberland
Swazey Tall
Waterproof Boots**
\$260, timberland.com

3

Relentless Jeans Cropped Athletic Fit

A perfect cut for naturally curvy ladies and those who've repped out with squats to earn those curves. The medium-rise jeans conform to your body shape and move with you. \$98, relentlessjeans.com

**Nike Dunk
Sky Hi**
\$120, six02.com

4

Barbell Apparel Slim Athletic Fit in Dark Wash

Get a flawless fit with these low-rise hip-huggers in a skinny slim cut. With advanced flexible denim and just enough room to show off the glute work you do on leg days, you'll don this denim daily. \$149, barbellapparel.com

**Keen Kate
Slouch Boot**
\$180, keenfootwear.com

5

Dish N2X Skinny Jean

Incredibly soft and flexible skinny jeans to add to your favorites. Stretch and move as you please, staying warm when it's cold and cool when it's hot with Coolmax technology. \$155, dishandduer.com

**Sorel Joan of
Arctic Wedge Mid**
\$240, sorel.com

6

Henry & Belle, Coated Super Skinny Ankle Jean in Cordovan

Have a wow moment every day with this form-flattering side-zip jean. Made with maximum stretch-and-recovery fabric, you won't want to take these off. \$180, shophenryandbelle.com

**Seavees
Baja Slip On**
\$98, seavees.com



TRAINING FOR LIFE

› “I’ve never followed anyone else’s training—I’ve always gone by what works best for me. If I have to get lean, I’ll do a lot of swimming, and if I have to get strong for a part, I’ll do more climbing and action sports. I train every single day without fail. It’s never a chore, and it’s not something I feel I have to do—it’s just my way of living.”

DOWNTIME

› “When I’m not working out, modeling, or doing stunts, I generally like to draw or design. I’m also writing and producing a documentary on animal rights.”

DREAM ROLE

› “I’d like to secure a lead where I get to be me. It would be nice to play a character who is relevant to my life—I feel with my unique lifestyle I could bring a lot to the part!”



DIET RIGHT

› “I try to live by the idea that if you can’t face how your food gets to your plate, you shouldn’t be eating it. When I can, I hunt my own game. But since hunting in L.A. is a little more difficult, I mostly follow a vegetarian diet with some wild-caught fish for protein.”

BOND GIRL

› As lead stunt double in the Bond movie *Spectre* (filling in for Léa Seydoux, left), Samarra got to show off her full range of athletic skills. “I never knew stunt work was a career. I thought people did it for fun! But this was a once-in-a-lifetime opportunity.”



ELEVATING HER GAME

› “If I’m bored, I try to develop a new skill. Right now I’m working on getting my helicopter license. Learning new things helps keep me focused.”

ONE OF THE GUYS

› “All my fight training has been against guys,” says Samarra. For *Spectre*, she trained with former WWE star and actor Dave Bautista (see profile, page 56), who taught her Philippine knife fighting on set. “I’m 5’8”, and he’s a huge wrestler, but I thought, ‘Once you can train against him, you can train against anyone!’”



FAMILY TIES

› Both of Samarra’s parents worked in the circus in Spain, her mother as a dancer and trapeze artist and her father as a performer, stagehand, and lighting technician. “I had a wild childhood—I’ve always had the extreme-sports side to me.” She remains very close to her family. “I know my family well and can trust them.”

HORSING AROUND

› Samarra has been riding horses since she was 4 years old (“It was a birthday party that never ended!”) and has competed internationally in show jumping and eventing (a combination of dressage, cross-country, and show jumping). She was also a top synchronized swimmer in the U.K. “I’ve had a strong competition background, and I like to always be at the top of my game.”



Gemita Samarra

The British-Spanish model, stuntwoman, actress, and athlete relishes taking on all challenges, large and small

BY DELFINA URE



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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.



Dave Bautista

The six-time WWE champ, MMA fighter, and film star shares his workout philosophies, Shakespearean training, and what it means to play the ultimate bad guy **BY SEAN HYSOON**

ON FAME

› "Things may change for me, but I'll always stop to take pictures for fans. I'll go to the mall or go grocery shopping by myself. You see pictures of me in Walmart and Whole Foods all the time!"



CHANNELING THE BARD

› "I had a lot of trouble when I started acting because I'm naturally a very shy person. So my acting coach, who is a Shakespearean actor, insisted that we do scenes from Shakespeare, because he said if you can do that, you can do anything," says Bautista. "Now doing Shakespeare onstage is on my bucket list. Stage acting in itself terrifies me, and Shakespeare's dialogue is so tricky. To me it would be the ultimate challenge."



MARTIAL ARTS MASTERY

› Bautista has a purple belt in Brazilian jiu-jitsu and is trained in Muay Thai, Kali (a Filipino martial art), and boxing. "For someone who's addicted to working out, it's hard to find something challenging, but with martial arts there's always something new and fresh," he says.

GOING FOR IT

› "My philosophy is to not be afraid to chase your dreams. So many people are so afraid to fail that they don't even try—but if you don't try, you're just wasting your life."



DOGGIE DOWNTIME

› "When I'm at home I spend most of the day with my dogs. I have two pit bulls and a Catahoula, which is a boar-hunting dog. Their names are Frankie, Janey, and Sadie."

FOREVER FIT

› "I like training. I like being healthy. Resistance training will always be a part of my life. It's therapy. It's where I feel like I'm a fish back in water."



IN HIS MAN CAVE

› "I collect vintage lunch boxes as a hobby, and I'm always adding to my collection. I just got a brand new one from 1977 from the show *Happy Days*, but I recently got outbid for a 1954 Superman lunch box that ended up going for \$17,000!"



ULTIMATE BAD GUY

› "Bond henchmen are always iconic and memorable," notes Bautista, who plays the villain Mr. Hinx in the recent Bond flick, *Spectre*. "We did most of the stunts ourselves. [Daniel Craig] punched me in the nose during a fight scene, and he thought he broke it. My nose was squirting out blood everywhere, and I was like, 'No man, it's all right!' We cleaned it up and kept shooting."

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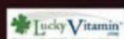
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Subjects taking *C. canephora robusta* lost an average of 10.95 lbs. (vs. 5.4 lbs. for the placebo group) in 60 days following a low-calorie diet, and 3.7 lbs. (vs. 1.25 lbs. for the placebo group) in 8 weeks following a calorie-reduced diet and moderate exercise.



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new year

BODY-REBOOT PLANS

Start the year off stronger than ever with these excuse-proof exercise strategies. If you want to lose weight or are a beginner in need of a jump start, we've got your back, training you with enough variety and intensity to keep your body guessing. And if you seek to bust through plateaus and sculpt lean muscle, dial in for the ultimate moves. The transformation to a sleeker you begins right here, right now.

BY CAT PERRY



PLAN 1 Beginner's One-Month Fat-Burner Plan

This four-week plan, by IFBB pro Stacey Naito, D.O., fosters muscle confusion, changing sets and reps weekly so you never get bored. Throw fat burning into overdrive with a mix of plyo and strength training, working your body from top to bottom. "This program eases the beginner into a consistent regimen, which slowly ramps up, offering the perfect strategy for reaching fitness goals," says Naito.

WEEK 1

DAY 1 | MONDAY

Full Body

	Sets/reps
Body-weight squat	3x30
DB woodchop	3x10 per side
Walking-lunge/shoulder-press combo	3x8-10
Bentover dumbbell double-row/dumbbell biceps-curl combo	3x10

DAY 2 | WEDNESDAY

Full Body

	Sets/reps
Wall pushup	3x10
Close-grip high-pulley cable pulldown	3x10
Overhead dumbbell triceps extension	3x10 per arm
In and out plyo squat (jumping feet out into sumo squat and then back to regular squats)	3x10
Bosu ball squat, round-side up	3x10
Flutter kick on bench	3x15

DAY 3 | FRIDAY

Back, Biceps & Glutes

Warm up on treadmill for 15 minutes with a brisk walk (3.4-3.6 mph); 5% incline

	Sets/reps
Seated cable wide-grip row	3x10
Incline bench dumbbell press	3x10
Swing lunge (Do a front lunge, then immediately move into a reverse lunge with the same leg. Switch legs and repeat.)	3x10 per leg
Seated alternating dumbbell curl	3x10 per arm
Straight-bar high-pulley triceps extension	3x10
Squat into high side kick	3x8 per leg

WEEK 2

Start every training day with a 12-minute warmup on the treadmill, incline at 5%. Walk briskly (3.4–3.6 mph) for 4 minutes, then alternate 5.5 mph jog and brisk walk for 2 minutes each; repeat 2 times. For supersets, do 1 set of each move back to back without rest, continuing to alternate until sets are done.

DAY 1 | MONDAY

Legs

	Sets/reps
Bulgarian squat (place top of 1 foot on low step behind you, with front foot 3 feet away)	4x10 per leg
Hip thrust on leg-extension machine	4x12 (variations: use barbell or Smith machine)
Dumbbell plié squat	4x12
Superset	
Jump squat	4x15
Barbell deadlift	4x10 (variation: use dumbbells)

DAY 2 | TUESDAY

Chest & Back

	Sets/reps
Incline-bench dumbbell press	4x10
Superset	
Incline dumbbell flye	4x10
Reverse-grip low-pulley straight-bar bentover row	4x10
Wide-grip lat pulldown	4x10
Machine hyperextension	4x10

DAY 3 | THURSDAY

Delts & Glutes

	Sets/reps
Stiff-leg dumbbell deadlift	4x10
Superset	
Dumbbell shoulder press	4x10
Front dumbbell raise	4x10
Superset	
Lateral dumbbell raise	4x10
Fire hydrant	4x10 per leg
Superset	
Leg kickback	4x10 per leg

DAY 4 | SATURDAY

Arms & Abs

	Sets/reps
One-arm cable triceps extension	4x10 per arm
One-arm cable arm curl	4x10 per arm
Skull crusher (Lie faceup on bench holding DBs, arms extended. Lower toward forehead, keeping elbows up.)	4x10
Wall-supported barbell biceps curl (Using the wall behind you avoids swinging elbows to assist the lift.)	4x10 (variation: use dumbbells.)
Bench knee tuck	4x10

Wide-grip Lat Pulldown



4 NUTRITION TIPS TO KICK OFF FAT LOSS

- **Plan ahead.** Cook for the week in advance to save time, energy, money, and calories. “Try making enough quinoa, grilled chicken breasts, and vegetables for several healthy dinners during a busy week,” says Lauren Thomas, R.D., a dietitian with Nutrition Energy in New York. (For more tips on meal prep, see page 40.)
- **Use a tracker app (or**

- just write down what you’re eating).** A food journal keeps you accountable, and it’s very helpful when it comes to seeing the big picture.
- **Cut your screen time at mealtime.** Phones, computers, and TVs all take away from mindfulness at meals.
- **Take baby steps.** “Small change makes for lasting

change,” says Felicia Stoler, R.D., Ph.D., an exercise physiologist and the author of *Living Skinny in Fat Genes*. Think about what you can measurably do this week, whether that’s drinking more water, cutting out non-nutritive sweeteners, or getting more sleep. (Aim for at least seven hours.) “Trying to overhaul everything at once can hinder success.”



Dumbbell
Y Press

TOM CORRETT

WEEK 3

Similar to Week 2, warm up on treadmill before your workout for 12 minutes at a 5% incline. Start with a brisk walk (3.4–3.6 mph) for 4 minutes, then alternate between a 5.5 mph jog and a 6.5 mph sprint every minute.

DAY 1 | MONDAY

Upper Body

	Sets/reps
Wide-grip lat pulldown	4x12
One-arm alternating dumbbell bench press	4x12 per arm
Triceps dip on assist machine	4x12 (variation: use bench.)
Dumbbell Y press	4x12
Weight-plate lateral raise	4x12 per arm
Cable straight-bar arm curl	4x12

DAY 2 | TUESDAY

Lower Body

	Sets/reps
Smith machine squat with toes elevated	4x12
Curtsy lunge	4x12 per leg
Cable kickback	4x12 per leg
Seated calf raise	4x12
Superman	4x12
Side-lying leg raise on mat	4x12 per leg (variation: use resistance band.)

DAY 3 | FRIDAY

Upper Body

	Sets/reps
Bentover double dumbbell row	4x12
Cable chest crossover flye	4x12
Weight-plate front raise	4x12 (variation: Use just 1 plate.)
Bentover rear dumbbell flye	4x12
Incline-bench alternating dumbbell curl	4x12 per arm
High-pulley V-bar triceps extension	4x12

DAY 4 | SATURDAY

Lower Body

	Sets/reps
Canadian deadlift (Hold barbell at hips, arms extended. Lower until bar is at floor, then bend at knees so you're crouched with bar on floor. Straighten legs, then straighten torso to return to standing.)	4x10
Dumbbell bench stepup	4x12 per leg
Reverse lunge	4x12 per leg
Bench stepover	4x10 per leg
Machine hyperextension	4x12
Plank	4x60 seconds

WEEK 4

Do the same 12-minute treadmill warmup as Week 3 before each training day. Some sets here are called dropsets, which means that for each subsequent set in which you see a drop in the number of reps, you'll increase the weight by no more than 5% or 5 pounds. This technique helps maximize muscular development.

DAY 1 | MONDAY**Biceps, Back & Abs**

	Sets/reps
Low-pulley close-grip row	4x15, 15, 10, 10
Standing dumbbell hammer curl	4x15, 15, 10, 10
Bentover one-arm dumbbell row	4x15, 15, 10, 10 per arm
Dumbbell preacher curl	4x15, 15, 10, 10
Flutter kick on bench	4x20
Stability ball crunches	4x20

DAY 2 | TUESDAY**Legs**

	Sets/reps
Dumbbell plié squat	4x15, 15, 10, 10
Superset	
Bench jump	4x10
Diagonal dumbbell lunge	4x15, 15, 10, 10 per leg
Dumbbell deadlift	4x15, 15, 10, 10
Superset	
Jump squat	4x20
Standing calf raise	4x15, 15, 10, 10

DAY 3 | FRIDAY**Chest & Triceps**

	Sets/reps
Bench dumbbell pullover	4x15, 15, 10, 10
Close-grip barbell bench press	4x15, 15, 10, 10
Dumbbell pushup	4x10
Bentover dumbbell triceps kickback	4x15, 15, 10, 10
Over-/under-grip incline-bench dumbbell press (One hand has an overhand grip; the other has an underhand grip.)	4x15, 15, 10, 10

DAY 4 | SATURDAY**Delts & Legs**

	Sets/reps
Stiff-legged barbell deadlift/upright-row combo	4x10-12
Bench stepup	4x10-12 per leg
Seated reverse-grip barbell shoulder press	4x10-12
Lateral dumbbell raise	4x15, 15, 10, 10
Superset	
Bentover dumbbell rear flye	4x15, 15, 10, 10



Curtsy Lunge
with Medicine Ball

TOM CORBETT

break THROUGH PLATEAUS



Stuck in a rut? If you exercise regularly but can't figure out how to smash plateaus, you're in the right place.

This plan, by IFBB fitness pro **Fiona Harris**, will trim inches off your thighs, tone and sculpt your arms, perk up your glute-ham tie-in, and create definition like your Insta-idol *@NicoleMWilkins*. By manipulating variables such as intensity and frequency and incorporating different training techniques—like heavy/low-rep and light/high-frequency body-part splits, plus cardio, HIIT, and plyometrics—you WILL keep your body progressing right to the top.

PLAN 2 RECOMMENDED WORKOUT WEEKLY SPLIT

DAY 1	Lower-Body Workout 1, Heavy Weights; 35 minutes steady-state cardio
DAY 2	Chest/Shoulders, StepMill HIIT Cardio
DAY 3	Plyometric Whole-Body Workout, Rower HIIT Cardio
DAY 4	Rest
DAY 5	Lower-Body Workout 2, High Volume; 35 minutes steady-state cardio
DAY 6	Back/Arms, Treadmill HIIT Cardio
DAY 7	Rest

PLATEAU BUSTING TECHNIQUE 1:

Do two types of lower-body workouts per week

with traditional lower-body moves. Mixing high-rep training and plyometrics with heavy lifting helps provide a new stimulus to muscles.

Harris recommends one day of heavy lifting and one day of higher volume, as well as pairing plyo

LOWER BODY

WORKOUT 1 (HEAVY WEIGHTS)*

Leg extensions:



Hack Squat

1½ reps (1 rep from full flexion to full extension, then ½ rep to halfway down, then up to full flexion); 1 warmup set; 7 sets of 12–15 reps
Barbell back squat: 5 sets of 8–12 reps
Leg press: Narrow stance (feet/knees together) 4 sets of 10–12 reps
Hack squat: Wide stance, toes

pointed out, 4 sets of 8–12 reps
Lying hamstring curl: 1½ reps; 4 sets of 8–12 reps
Barbell hip thruster: 4 sets of 10–12 reps

*REST 45–60 SECONDS BETWEEN SETS

**LOWER BODY
 WORKOUT 2
 (HIGH VOLUME)***

Leg extension superset

with pop squat:** 1 warmup set; 4 sets of 12–15 reps/20 reps
Smith machine sumo squat with pulse: 4 sets of 15 reps
DB reverse lunge to curtsy squat: 4 sets of 12–15 reps per leg
Single-leg cable hamstring-curl superset with bent-knee kickback:

3 sets of 15 reps/15 reps

Abductor machine superset with side-walking squat with resistance band: 4 sets of 15 reps/10–12 reps each direction

DB walking lunge: 3 sets of 20 reps per leg

*REST 30–45 SECONDS BETWEEN SETS

**SUPERSET: DO ONE SET OF EACH MOVE WITH NO REST IN BETWEEN SETS.

**4
 DIET
 STRATEGIES
 FOR
 SPEEDIER
 RESULTS**

• **Switch things up.**

Just as you need to change up your exercise routine to get out of a fitness rut, it can also help to switch around some of your nutrition strategies, says Lauren Thomas. Try flip-flopping your lunch and dinner or choosing a higher-protein breakfast. See page 66 for diets that really work.

• **Zero in on carbs.**

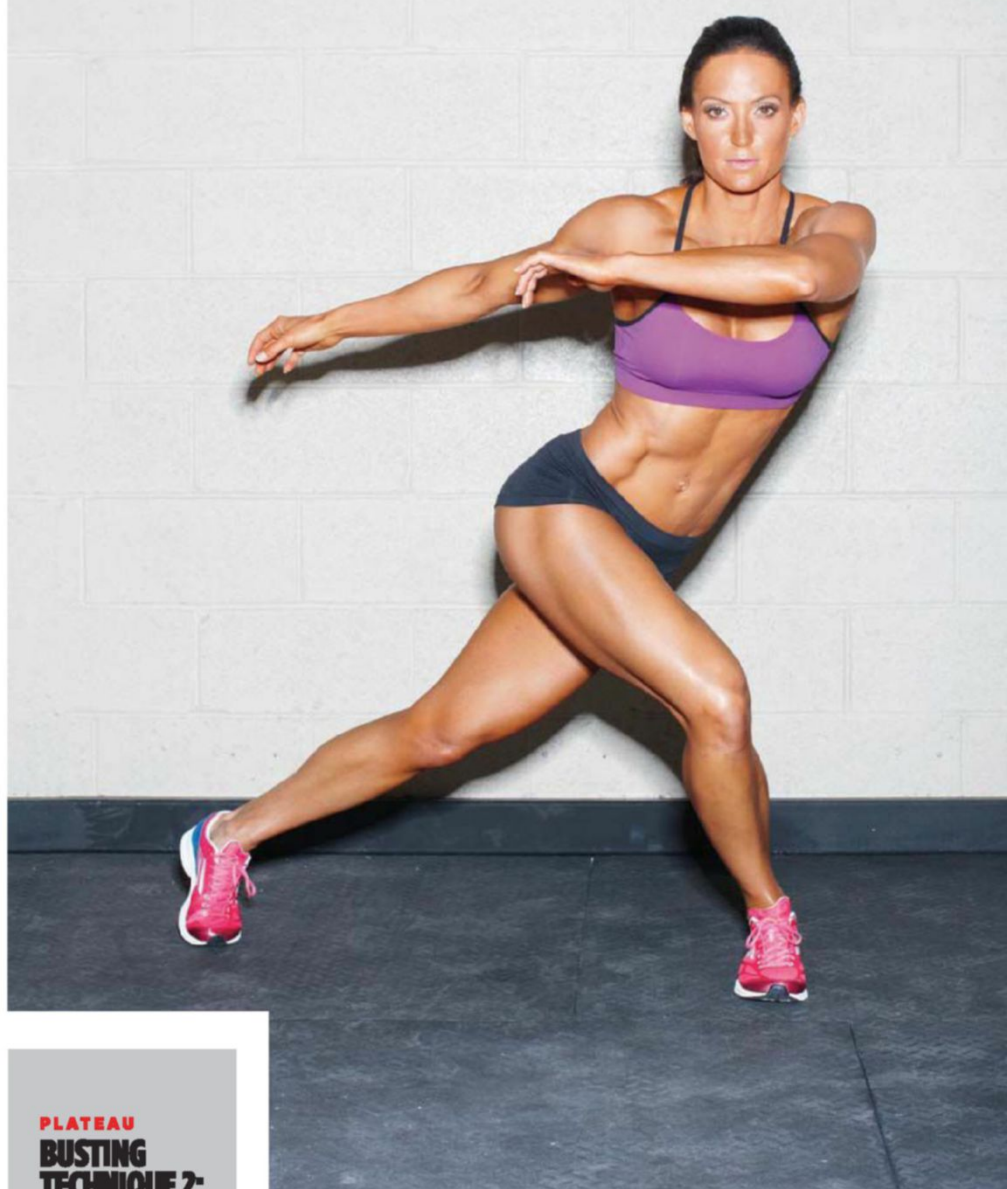
"In general, an extra piece of fruit is a great thing for nutrition, but if plateauing is a problem, keep to one fruit max per day," says Carolyn Brown, R.D., a nutritionist with Foodtrainers.

• **Eat more.** "For some people, as lean muscle mass increases and weight goes down, if you've increased your exercise, you may need to take in more calories," says Felicia Stoler, D.C.N., R.D.N. Look for plant-based foods, including whole grains and veggies.

• **Spice up your metabolism.** "I like to add in secret weapons, from green tea to spices like turmeric to hot sauce. They give tons of flavor, suppress appetite, and boost metabolism," says Brown.

—KRISTIN MAHONEY

Skier Jump



PLATEAU BUSTING TECHNIQUE 2:

Full-body
Plyometrics

Complete entire circuit with no rest between exercises. Rest 2–3 minutes, then repeat, starting with 5 minutes of cycling. Do entire circuit 3 times. Try to improve the number of rounds with each workout.

Stationary cycling:
5 minutes at moderate intensity.
Burpee with jump:
15 reps
Alternating quick-reverse lunge off low step with light DBs:
20 reps per leg
Jump squat: 20 reps
Walk-out pushup:
(Bend forward, walk hands out to pushup position, do 1 pushup,

and reverse.): 10 reps
Mountain climber:
25 reps
Low side-walking squat:
15 reps stepping to left, then 15 reps stepping to right
Bicycle crunch:
25 reps per side
Skier jump side to side:
(Left/right equals 1 rep; do total of 10 reps.)
Jump rope:
100 skips

PLATEAU BUSTING TECHNIQUE 3:

HIIT Cardio

Incorporate these HIIT cardio workouts in 2 or 3 of your cardio sessions per week to

shock your body and kick your fat burning into high gear.

StepMill: Warm up 5 min. at moderate speed. Then do intervals of 45 sec. high and 1 min., 30 sec. low to recover. In first high interval, increase speed to where you are just able to keep up with stairs without holding railings; recover. Second high interval: increase speed, bend over, and place hands on platform above stairs; recover. Third high interval: increase speed, skipping every other step; recover. Do circuits for 25 min., then finish with 5 min. cooling down at moderate speed.

Treadmill & Plyometrics: Warm up for 5 min. at 6% incline, 4.0–4.2 mph. Do intervals of 1 min. plyometrics (choose from moves below) and then 2 min. recovery on treadmill (6% incline/4.0–4.2 mph). Continue for 25 min., then finish with 5 min. cooling down.

Plyo moves:

- › Jump squats
- › Jump switch lunges
- › Pop squats
- › Burpees
- › Alternating reverse lunges
- › Mountain climbers

Rower: Warm up for 5 min. steady-state rowing. Then do burpee intervals (with or without jump) followed by 2 min. steady-state rowing: Row 2 min., then do 10 burpees; row 2 min., then do 15 burpees; row 2 min., then do 20 burpees; row 2 min. Start again with 10 burpees and continue the cycle for 25 min.; cooldown 5 min.



WEIGH IN:
The best
diets don't
sacrifice
nutrition
for fat loss.

5 BEST SLIM-DOWN DIETS

Drop pounds without losing lean muscle with these proven fat-loss plans

BY CAT PERRY AND COURTNEY ANAYA

• **THE OLD ADAGE** “abs are made in the kitchen” is actually pure fact. The proof is in the (homemade protein powder) pudding: Research published in the journal *Obesity* in 2012 showed that women, age averaging 58, who adopted healthy dietary habits alone over a yearlong period had an 8.5% weight reduction. Those who just exercised lost 2.4% body weight, and women who combined both lost 10.8% body weight. Yet sticking to your diet, or figuring out which one is right for you, can sometimes seem tougher

than maintaining an exercise regimen given the dizzying number of diets to sift through.

Only a handful of great diets have stood the test of time when it comes to delivering successful long-term weight loss. Among the top result getters are ketogenic, gluten-free, Paleo, Mediterranean, and If It Fits Your Macros diets. We asked the experts which ones are best for active women who are looking to optimize their weight loss and ultimately lead a longer, healthier life.

1

KETOGENIC DIET

► The principle behind the ketogenic diet: By limiting the number of refined carbs in your diet to below 100 grams daily and raising the level of healthy fats you eat while still consuming moderate protein daily—with a typical macronutrient ration of 75% fats, 20% protein, and 5% carbs—your body becomes trained to utilize free fatty acids as an energy source. That leads to greater fat burn and puts your body in a state of ketosis, producing a substance called ketones, which your body then uses for fuel rather than carbs or protein.

Proponents of this diet say it helps you burn fat fast, plus it can help retain muscle and reduce hunger. The classic ketogenic diet uses prescribed meals to meet the low-carb, adequate protein, high-fat, calorie-restricted diet. The more recent medium-chain triglyceride (MCT) ketogenic is more flexible and calculates roughly the amount of MCTs (though you'll need some long-chain triglycerides, or LCTs) needed to maintain energy levels. A coconut

ketogenic diet focuses specifically on MCT fatty acids from sources like coconuts. Advocates say MCTs are preferred over LCTs like butter or canola oil, because MCTs generate more ketones per unit of energy than LCTs, helping to maximize fat loss in a relatively short period of time. Note that if you're following this plan, choose coconut oils rather than products sold in stores as "MCT oil." That form of MCT oil is an isolated MCT called lauric acid, which behaves more like an LCT in the body.

There are three ways to get your carbs on a ketogenic diet: With a cyclical approach, you'll have five low-carb days and one "refeed" day when you can have as many carbs as you want. Targeted means consuming 25 to 50 grams of sugar only before exercise, then limiting carbs the rest of the day. On a standard plan, you'll just have 25 to 50 net carbs daily. The challenge, explains Josh Axe, a clinical nutritionist and doctor of natural medicine, is to find the right macronutrient balance to keep you in the keto zone: Too much protein and your body won't

stay in ketosis; too little and you'll lose muscle mass. Too many fats and you'll gain weight; too few and you'll have no energy. **Axe recommends following a coconut ketogenic macro plan that is 70% fat, 20% protein, and 10% carbs. That will help deliver results in just one month—but** don't stay on it too much longer, he warns. Research in the *International Journal of Sport Nutrition and Exercise Metabolism* found that ketogenic diets can lead to a decrease in fat-free mass, or skeletal muscle, so you're best off cycling off it after 30 days.

One big benefit is that this diet won't leave you feeling as sluggish as other low-carb plans. Think of MCTs as a cleaner-burning fuel than sugar. **A study in the *Journal of Exercise Rehabilitation* found those on a keto diet for three weeks were able to complete sprints faster and were also less fatigued after weight loss compared with the non-ketogenic diet group.**

2
GLUTEN-FREE DIET

► This latest food trend goes against the grain. Gluten-free diets eschew wheat, rye, barley, and sometimes even oats for things like buckwheat, rice, quinoa, and millet. Why all the fuss? A protein in gluten-containing products may aggravate your digestive system and other vital organs and may even throw off hormones. **"Grain sensitivity can create severe inflammation, leading to hormone imbalances that promote the double whammy of fat gain and muscle loss,"** says Peter Osborne, D.C., a clinical nutritionist and author of *No Grain, No Pain*.

"'Graininflammation' can decrease your ability to break down, digest, absorb, and assimilate the nutrients from your food," Osborne explains. New research published

in the *International Journal of Obesity* found that consumption of gluten-containing products caused more weight gain compared with when they were not consumed, with similar calories allotted. **Some of the inflammation mechanisms also impact cortisol and insulin, which regulate inflammation and fat storage, leading to a reduced capacity to generate energy, burn fat, and build muscle,** Osborne adds.

So, what's off-limits besides most cereal, bread, pasta, and processed foods? Turns out, a lot of foods can create allergic reactions, leading to inflammation. Even dairy products contain gluten cross-reactors. Also look out for casein, coffee, and oats (which are often crossbred with wheat). **Here's what you can eat: fresh organic vegetables, grass-fed meat, wild-caught fish like salmon, berries, and nuts.**

Some other options may include sprouted products (like sprouted oat, spelt, corn, or coconut flour) because of their ability to break down phytic acid, which binds nutrients and keeps them from being absorbed. Also thumbs up are wild rice, buckwheat, brown rice, gluten-free oats and corn, germinated/sprouted brown rice, sweet potatoes, butternut and spaghetti squash, and quinoa.

If you want to go gluten free, stick with it for about a month. If you feel a difference, try reducing foods with cross-reactors to find your best balance within this diet.



Dairy in the Paleo diet can be optional, based on a person's preference. According to *U.S. News & World Report*, those who don't consume dairy only obtain 700 milligrams of calcium from a Paleo food plan. The RDA for calcium is 1,000 to 1,300mg.

3 PALEO DIET

› The premise of the Paleo diet is to eat like your caveman ancestors. That means valuing healthy fats, loading up on veggies, cutting out carbs, and focusing on naturally raised meats. **The diet, wildly popular among athletes, may help preserve and even increase lean muscle since it focuses so heavily on animal protein,** incorporating it in each meal—with some recommendations targeting 1 to 1.5 grams of protein per pound of body weight per day. Spreading protein intake throughout the day may have muscle-building advantages: A study published in 2014 in the *Journal of Nutrition* indicated that including a moderate amount of protein at each meal better assists muscle-protein synthesis over 24 hours compared with having it in selected meals.

This muscle-friendly diet also eliminates some plant-based foods (legumes, grains, beans, and lentils), so dietary lectins—proteins bound to carbs, cells, and tissues that are resistant to digestive enzymes—are heavily reduced. These lectins attach to the lining of the stomach, allowing other undigested proteins to enter, which can result in decreased energy and weight gain. **A review done by the *Journal of Cereal Science* indicated that dietary lectin affects weight gain via**

leptin resistance. Leptin is a hunger hormone that sends a signal to your brain that you're full.

Certainly, eliminating processed foods that wouldn't be found in any cave can only help with weight-loss efforts. "Choosing whole foods over processed ones has been linked with a reduction in visceral fat (belly fat) and blood pressure and a decreased risk of disease such as heart disease, type-2 diabetes, and cancers of the colon," says Erin Palinski-Wade R.D., C.D.E., author of *Belly Fat Diet for Dummies*.

True Paleo veterans opt to be dairy-free, but some include it, citing the health benefits of dairy. These go beyond bone-boosting calcium to also include the probiotics found in foods like kefir and yogurt, which are essential for maintaining gut and overall health. "Although some people remove dairy from the Paleo diet, I would recommend consuming two servings of low-fat dairy daily to gain the associated benefits," says Palinski-Wade.

Another benefit for those of us who live busy lives is that Paleo diets are actually relatively easy to follow, even when dining out. Choose a lean protein and vegetables, such as broiled fish with steamed vegetables. End your night out with a bowl of fruit.



HUGH JOHNSON/STOCKFODD; ARTHUR SHLAIN/THE NOUN PROJECT (ILLU)



**Top Paleo
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Services**

Premade Paleo uses organic, grass-fed, and free-range ingredients. Meals ship frozen. premadepaleo.com

ModPaleo offers a modern approach to eating Paleo foods and delivers nationwide. shop.modpaleo.com

Caveman Chefs offers meals per week or dinners by the pound. It delivers throughout the country. cavemanchefs.com

4

MEDITERRANEAN DIET

► It's not one of the most popular training diets, but it should be, and not just because it's so heart healthy. The Mediterranean diet is considered anti-inflammatory due to the high consumption of healthy fats, which can positively impact the post-workout recovery process. **And according to a 2013 study in the *European Journal of Clinical Nutrition*, the diet promotes a lower body mass index in women who are premenopausal.**

Healthy fat is key in this diet, with most tables replacing butter with extra-virgin olive oil. The diet often exceeds U.S. dietary guidelines regarding this macro, but keep in mind that the oil is considered a healthy fat, rich in monounsaturated and omega-3 fatty acids—both of which are capable of reducing cholesterol and triglyceride levels and helping reduce inflammation that is typically caused by an intense workout.

"The process by which omega-3s can help decrease recovery time is

thought to occur through the production of anti-inflammatory molecules and a decreased production of inflammatory proteins.

Also omega-3s can significantly shorten the time for fatigued muscles to recover by assisting in converting lactic acid to water and carbon dioxide," says Charlotte Martin, R.D.N.-L.D.N., a corporate dietitian for Medifast.

The Mediterranean diet recommends eating fish twice a week and limiting red meat to only a few occasions during the month. The diet also encourages eating plant-based food like vegetables, fruits, whole grains, and legumes, and suggests other beneficial sources of protein, including nuts, beans, and seeds. (Walnuts contain more omega-3 fatty acids than any other nut with 2.5 grams per one ounce serving.) Plus, these foods are a great source of fiber. Just remember to avoid eating too much fiber-rich fare around your workouts since it can cause gas, bloating, and/or stomach discomfort.

According to the American Heart Association, monounsaturated fats make up more than half the amount of fat calories in the Mediterranean diet.



Top Mediterranean Food-Delivery Services

Macro-Mediterranean has both pre-designed plans and custom plans. Five menus are rotated each season, with two serving sizes to choose from for each plan. Available nationwide.

macro-mediterranean.com

Healthy Chef Creations offers organic, all-natural, fresh, and ready-to-eat portion-controlled meals that are based on a Mediterranean diet.

healthychefcreations.com

Fresh Diet Three fresh meals based on the Mediterranean diet are delivered along with two snacks; you'll also get access to a nutritionist and an online meal planner. Available in 12 states across the U.S.

thefreshdiet.com



5 IIFYM DIET

► If it fits your macros (IIFYM), also known as flexible dieting, is trending. It's loved by those who are serious about training because it simply focuses on three metrics: carbs, protein, and fat. But this diet isn't without controversy since junk food like Pop Tarts, ice cream, and other processed fare is still

allowed. It brings up the debate of whether a calorie is really just a calorie regardless of the macro configuration. **A review published in 2011 in the journal *Appetite* indicated that flexible dieting led to more success than restrictive diets, with those who practiced flexible diets reporting a lower BMI, reduced food cravings and few occurrences of binge eating.** While IIFYM supports diversity within the diet, it's vital that a majority of your food choices are whole foods and not junk.

To get started there are a few things you need to know: 1) your fitness goal (lose fat, lose inches, gain muscle, etc.), 2) your total daily energy expenditure, or the amount of calories you burn in a day; and 3) your basal metabolic rate (BMR)—the amount of calories you burn at rest. (To find your BMR, go to bmrcalculator.org or healthstatus.com.) Then determine how active you are. If you're

lightly active, you'll want to multiply your BMR by 1.3; moderately active: BMR times 1.5; and very active: BMR times 1.7. Once that's calculated, you should have a number that yields kilocalories, which is your total daily energy expenditure. Last, find your ideal macro split; **a 40/40/20 macro split is fairly popular with this diet, 20 percent being fat.** However, if you find that it's hard to attain this split, then consult with a registered dietitian, who can help you personalize it.

To help you keep track of your macros while on the go, check out MyFitnessPal, which allows you to easily log meals and contains a bar code scanner. The app will give your calorie intake and the day's nutrient breakdown. Another popular app, My Macros+, allows you to save macro goals, such as curbing your carbs. The app also determines how much of each nutrient you have left for the day.

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SCULPT

A

Newly crowned Olympia figure champ **Latorya Watts** shares her targeted training secrets for building an eye-popping physique **BY ALYSSA SHAFFER | PHOTOGRAPHS BY CHARLES LOWTHIAN**

WINNING BODY

• **LATORYA WATTS** didn't start out as a top-ranked figure competitor. In fact, Watts, 35, first hit the stage five years ago as an NPC bikini athlete. But after placing dead last in multiple competitions, she realized the division wasn't for her and walked away from the sport.

Luckily for Watts,

her coach, Manuel Torres, recognized her potential as well as a natural ability to add quality muscle and knew together they could build a winning physique. "I was not at all confident in crossing over to figure," says Watts. "I could not see myself making this commitment to preparing and

building a physique that could come close to competing with the best in the division."

In 2011 Watts entered the NPC figure division, placing within top 5 in her first two shows, and finally

(continued on page 75)



1

SINGLE-ARM LATERAL RAISE

WORKS: MEDIAL DELTOIDS

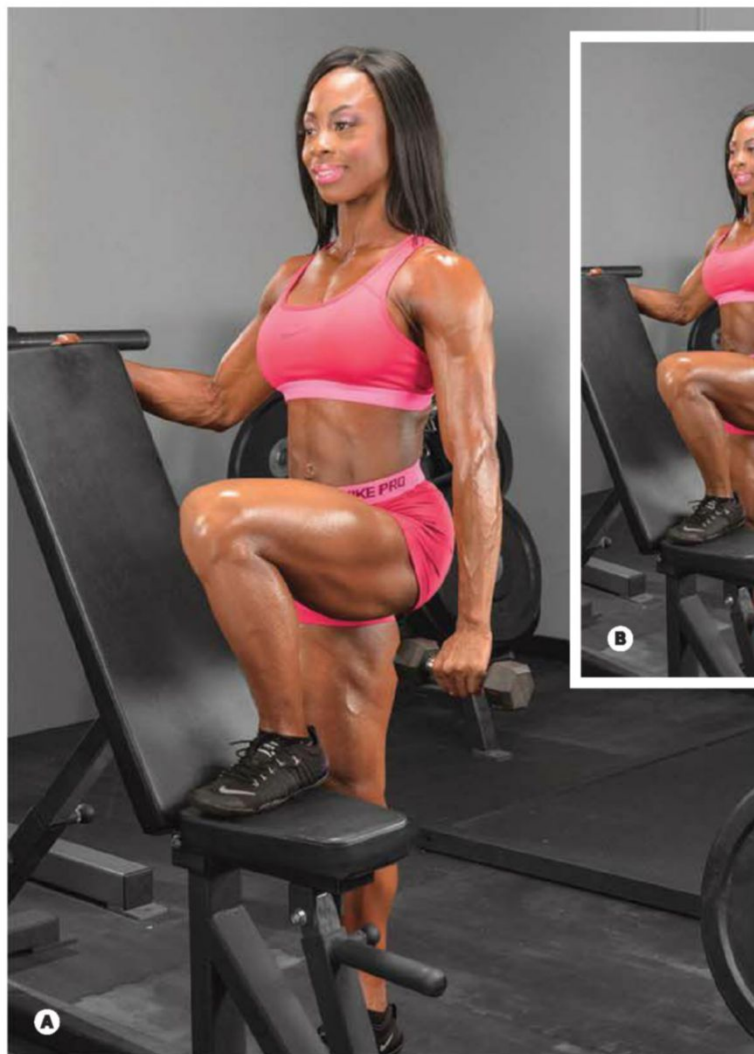
- Stand facing side of incline bench with seat positioned vertically. Place left foot on seat, knee bent 90 degrees, holding back of bench with right hand. Hold light to medium dumbbell in left hand with palm facing behind you **(A)**.
- Lift weight out to left side, bringing arm parallel to floor and tipping weight slightly down **(B)**. Do 3–4 sets of 15–20 reps per side.

2

BENTOVER REAR-DELT RAISE

WORKS: REAR DELTOIDS

- Stand with feet hip-distance apart, holding light to medium dumbbell in each hand. Hinge forward from waist, bringing torso parallel to floor. Keep knees slightly bent and weights in front of shins, palms facing body **(A)**.
- From here, lift weights out and up, keeping weight facing behind you and holding rest of upper body still **(B)**. Hold one count, then slowly lower weights back to start and repeat. Do 3–4 sets of 15–20 reps.



TIP: HAVING THE PALM FACE BEHIND YOU HELPS TO BETTER ACTIVATE THE MEDIAL DELTOIDS.

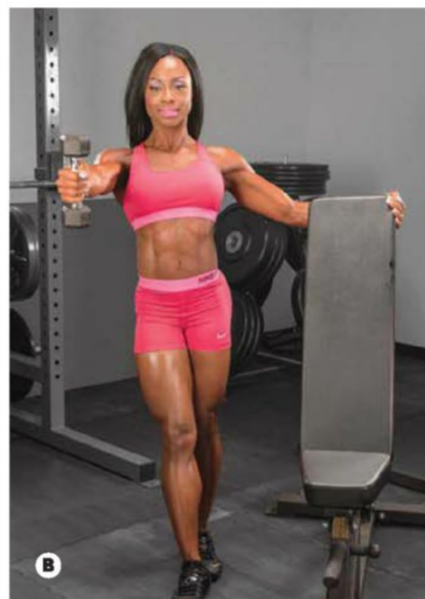
shoulders



3 STAGGERED FRONT RAISE

WORKS: FRONT
DELTOIDS

- Stand next to right side of incline bench, holding back of bench with left hand and a light to medium dumbbell in right hand facing outside of right thigh. Stagger right foot in front of left, left toes touching right heel **(A)**.
- Leaning slightly away from bench, raise right arm forward to shoulder height **(B)** and lower. Do 3–4 sets of 15–20 reps per arm.



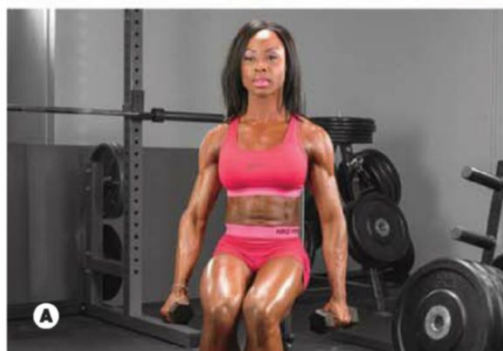
TIP: LEANING AWAY FROM THE BENCH AND STAGGERING YOUR FEET ADDS MORE TENSION TO THE FRONT OF THE DELTOIDS.

BELOW: TARGET THE FRONT, SIDE, AND REAR DELTS WITH HIGHER-VOLUME SETS THAT PUMP UP THE SMALLER MUSCLES, SAYS TORRES.

4 SEATED LATERAL RAISE

WORKS: MEDIAL
DELTOIDS

- Sit holding a light to medium dumbbell in each hand with palms facing in **(A)**.
- Slowly lift weights to shoulder height, elbows slightly bent; tip front of weights toward floor **(B)**. Do 3–4 sets of 15–20 reps.



5 HIP BRIDGE

WORKS: GLUTES,
HAMSTRINGS

- Bring hips under bar of hamstring curl machine, knees bent about 90 degrees. Lean back on bench with hands under head, elbows out **(A)**.
- Lift hips, squeezing glutes as you come up **(B)**. Hold one count and lower back to start. Do 3–4 sets of 15–20 reps.



6

GLUTE PUSH

WORKS: GLUTES,
HAMSTRINGS

- Kneel on floor on all fours in front of hamstring curl machine, with the bottom of your right foot under the bottom of the curl machine pad.
- Press bar back, pushing through right heel. Hold one count, then slowly bring weight back to start.
- Do 3-4 sets of 15-20 reps per leg.

7

HAMSTRING CURL

WORKS: GLUTES,
HAMSTRINGS

- Lie on hamstring curl machine so bottom of thighs are just at the edge of the bench and bottom of calves are under the bar. Lift your torso off the bench, keeping body weight on forearms **(A)**.
- Push hips into bench and arch your back slightly as you curl bar toward thighs, keeping feet flexed **(B)**. Hold one count, then slowly lower back to start.
- Do 3-4 sets of 15-20 reps.



(continued from page 72) snagging an overall win in her hometown at the Las Vegas Classic. Watts was on her way, taking the top spot at the 2013 USA Championships and becoming an IFBB pro at her very first national showing. The following year, she took home fifth place for her Olympia debut. And this past September, she

stepped up her game to the pinnacle and was crowned Ms. Figure Olympia 2015. “After winning Olympia, I was happy, in shock, numb, and, at the same time, had a sense of relief,” says Watts. “Manuel and I have been working hard toward this victory, so when our vision became a reality, it was an overwhelming feeling.” After taking

home the medal, she adds, she finally felt the confidence she needed in her physique. “I just hope I can be an inspiration to anyone with a dream. Just be positive and know anything is possible if you believe and remain patient.”

Credit Torres for creating a training program that emphasizes Watts’ naturally broad

shoulders and tiny waist. “We focus on giving her shoulders a nice athletic look to add to the V-taper,” he explains. For her lower body, the focus is on the hamstring-glute tie-in to elevate the glute muscles and create a toned, rounded look. Here, Torres shares some of Watts’ favorite moves for working her shoulders, back, legs, and glutes.

POWER BOWLS



STEAK &
SPAGHETTI
SQUASH
WITH GARLIC
MUSHROOM
SAUCE
PG. 78

Combine your favorite ingredients
from fundamental food groups to create quick,
healthy one-dish meals

BY ELIZABETH M. WARD, M.S., R.D. | PHOTOGRAPHS BY MOYA MCALLISTER
FOOD STYLING BY DANA BONAGURA | LETTERING BY MICHAEL LUBOA

MEALS IN A BOWL ARE THE PERFECT SOLUTION for using up leftovers or for whipping up simple, comforting breakfasts, lunches, or dinners from scratch. The best bowls balance a combination of whole grains, lean protein, healthy fats, and fresh vegetables or fruit. We've put together five of our favorites—but don't feel confined by our suggestions! You can mix-and-match the ingredients to create an endless variety of flavorful fare.

**FRUITS AND
VEGETABLES**

Asparagus
Bananas
Blueberries
Broccoli
Cauliflower
Kale
Mushrooms
Raspberries
Spinach
Squash
Strawberries

PROTEIN

Beans
Beef (lean)
Chicken breast
Cottage cheese
(fat-free and
low-fat)
Eggs
Greek yogurt
(fat-free)
Pork tenderloin
Salmon
Shrimp
Soybeans/
Tempeh/Tofu
Steak
Tuna

**WHOLE
GRAINS**

Brown rice
Buckwheat
Bulgur
Farro
Freekeh
Kamut
Oats
Quinoa
Wild rice
Whole-wheat
couscous or
pasta

**HEALTHY
FATS**

Almonds
Avocado
Coconut
Hemp hearts
Olive oil
Sesame seeds
Walnuts

Swap List

The beauty of these bowl recipes is that you can substitute in any of the major nutrient sources depending on your individual taste and needs.

Think of these as building blocks, with whole grains, proteins, healthy fats, fruits, and vegetables acting as your key sources. Then add in the spices or flavorings you like best, whether sweet or savory, tangy or tart.

STEAK & SPAGHETTI SQUASH WITH garlic mushroom sauce

MAKES: 2 SERVINGS

INGREDIENTS

- 1 cup cooked quinoa
- 8 oz cooked sirloin tips, sliced thin
- 2 cups cooked spaghetti squash, divided
- 2 tsp olive oil
- 8 oz sliced white button or baby bella mushrooms
- 2 cloves garlic, minced
- 2 tbsp reduced-sodium beef broth
- $\frac{1}{2}$ tsp salt
- $\frac{1}{8}$ tsp dried thyme

DIRECTIONS

1. Divide quinoa between two microwavable bowls. Top each with 4 ounces of steak and 1 cup spaghetti squash. Set aside.

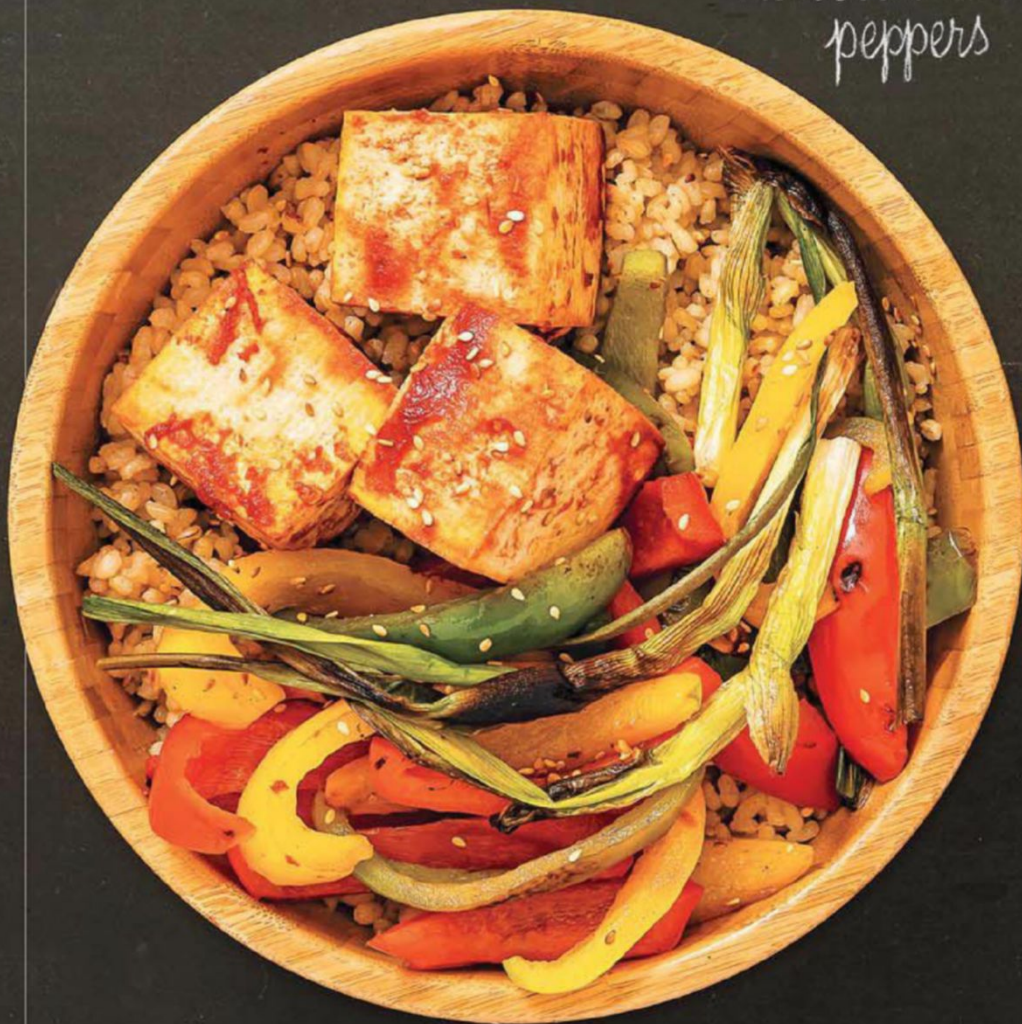
2. Place olive oil in large skillet over medium-high heat. Add mushrooms and garlic. Sauté until mushrooms are soft, about 7 minutes. Reduce heat to medium. Add broth, salt, and thyme. Toss to combine and cook for another 2 minutes. Cover and keep warm.

3. Warm the quinoa/steak mixture in the microwave. Top each bowl with equal amounts of warm mushroom sauce.

PER SERVING

Calories: 390; Fat: 18g; Saturated fat: 6g; Carbs: 21g; Fiber: 4g; Protein: 35g

BAKED MARINATED TOFU WITH tri-colored roasted red peppers



MAKES: 2 SERVINGS

INGREDIENTS

- 2 tbsp reduced-sodium soy sauce
- 1 tbsp tomato paste
- 1 tsp honey
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, peeled and minced
- 1 package extra-firm tofu, drained
- 2 cups chopped green, red, and

- yellow bell peppers
- 2 tsp sesame oil
- $\frac{3}{4}$ cup cooked brown rice
- $\frac{1}{4}$ cup roasted sesame seeds

DIRECTIONS

1. In a medium mixing bowl, combine soy sauce, tomato paste, honey, garlic, and ginger. Set aside.

2. Cut tofu into $1\frac{1}{2}$ -inch

cubes and place in bowl with soy sauce mixture. Toss gently to coat. Cover and refrigerate for 30 minutes.

3. When tofu is done marinating, heat oven to 350°F. Line a baking sheet with parchment paper. Place peppers in a small bowl. Add sesame oil and coat evenly. Arrange peppers in a single

layer on half of the baking sheet; arrange tofu on the other half. Bake for 30 minutes.

4. Place $\frac{1}{2}$ cup brown rice into two bowls. Top with tofu, peppers, and soy sauce, if desired. Garnish with sesame seeds.

PER SERVING

Calories: 420; Fat: 20g; Saturated fat: 3g; Carbs: 42g; Fiber: 7g; Protein: 21g

CHICKEN WITH avocado cream



MAKES: 2 SERVINGS

INGREDIENTS

- 1 cup cooked freekeh
- 8 oz cooked boneless skinless chicken breast
- 1 cup cucumber, thinly sliced
- 20 cherry tomatoes, halved
- 1 ripe avocado, halved, pitted, and chopped into 2-inch pieces
- ¼ cup plain fat-free Greek yogurt
- ½ tsp salt
- Juice of 1 lime
- Pinch chili powder, or more, if desired

DIRECTIONS

1. Divide freekeh between bowls. Top with a layer of chicken, cucumber, and

tomatoes. Set aside.

2. To make avocado cream, combine avocado, yogurt, salt, lime juice, and chili powder in blender or food processor. Blend about 45 seconds or until smooth.

3. Dollop each bowl with avocado cream.

PER SERVING

Calories: 537; Fat: 20g; Saturated fat: 3g; Carbs: 45g; Fiber: 14g; Protein: 48g



ROAST SALMON & ASPARAGUS *with horseradish dill sauce*



MAKES: 2 SERVINGS

INGREDIENTS

- 2 5-oz salmon fillets, about 1-inch thick, skin on
- 4 tsp olive oil
- 20 medium spears asparagus, ends trimmed, cut into 2-inch pieces
- 4 tsp reduced-fat mayonnaise
- 4 tbsp low-fat sour cream
- 1 tsp prepared horseradish
- $\frac{1}{4}$ tsp each ground black pepper and salt
- 2 tbsp chopped fresh dill
- 1 cup cooked whole-wheat couscous
- 1 radish, sliced thin (optional)

DIRECTIONS

1. Heat oven to 400°F. Place salmon, skin-side down, on one end of large baking sheet. Brush lightly with some of the olive oil. In a bowl, toss asparagus with remaining olive oil and place on the baking sheet away from the fish. Cook until fish flakes easily

with a fork (about 4 to 6 minutes per half inch of salmon) and asparagus are fork-tender. Remove asparagus if done before the fish, and keep warm.

2. While fish and asparagus cook, whisk together mayonnaise, sour cream, horseradish, black pepper, salt, and dill in a small bowl.

3. Place $\frac{1}{2}$ cup of couscous in each serving bowl. Top with equal amounts of salmon and asparagus, and dress with horseradish sauce. Garnish with radish, if desired.

PER SERVING

Calories: 492; Fat: 28g; Saturated fat: 6g; Carbs: 29g; Fiber: 5g; Protein: 33g

berry ALMOND COCONUT

breakfast bowl



MAKES: 1 SERVING

INGREDIENTS

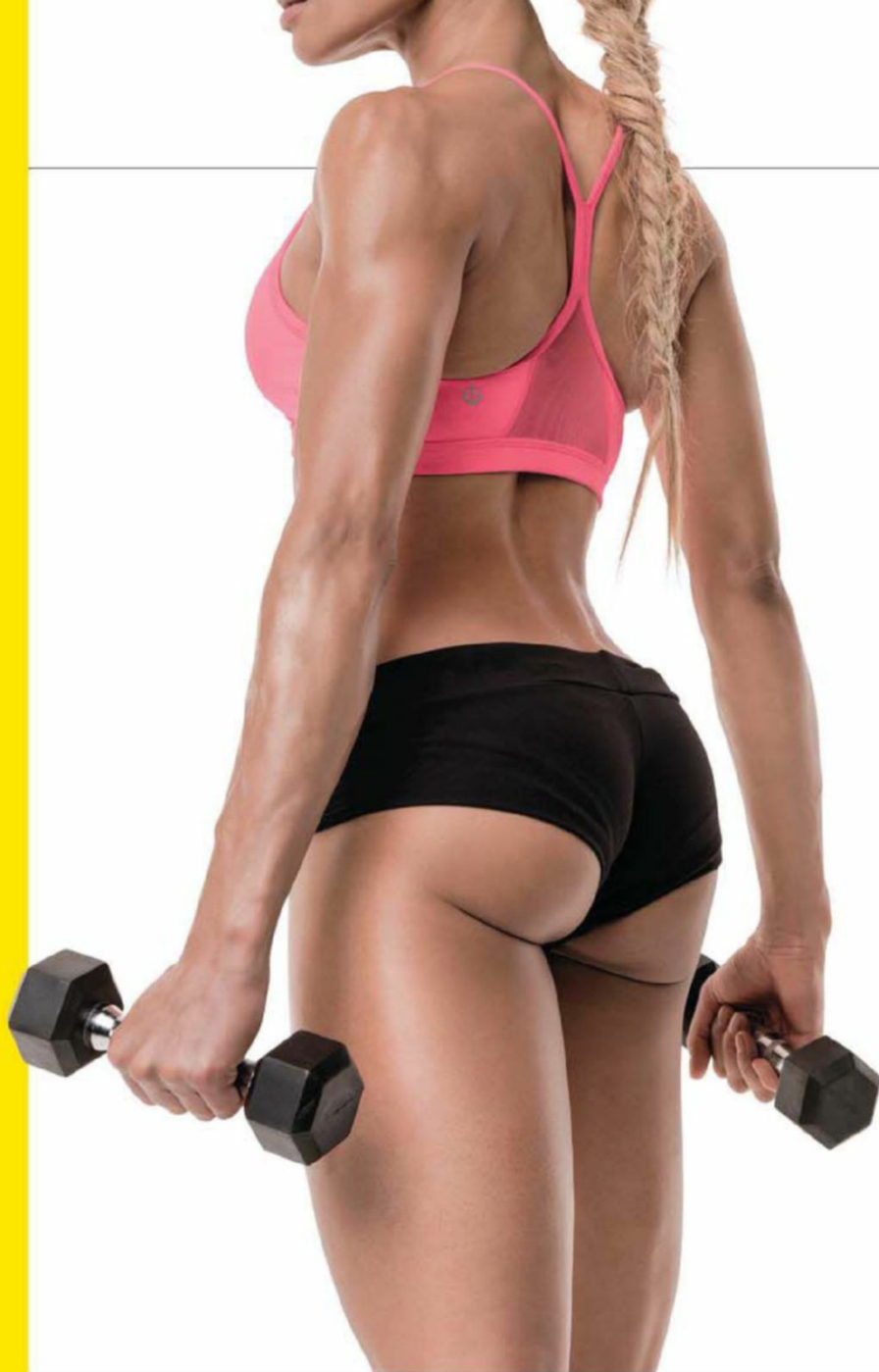
- ¾ cup plain fat-free Greek yogurt
- ¼ cup frozen blueberries
- ¼ cup oats, uncooked
- 2 tbsp slivered almonds
- ¼ cup fresh raspberries
- 2 tbsp flaked coconut


DIRECTIONS

1. Combine yogurt, blueberries, and oats in a blender or food processor.
2. Blend for about 45 to 60 seconds, or until smooth.
3. Place yogurt mixture in a bowl and top with almonds, raspberries, and coconut.

PER SERVING

Calories: 327; Fat: 10g;
Saturated fat: 3g; Carbs: 29g;
Fiber: 7g; Protein: 24g



 SHOW US YOUR BEST SQUAT PHOTOS ON INSTAGRAM AND TWITTER WITH **#HERSSQUATLIKEME**, AND WE'LL SHARE OUR FAVES AT MUSCLEANDFITNESS.COM/HERS OR IN THE MARCH/APRIL ISSUE!

• **THE SQUAT IS AMONG** the most classic of exercises, and for good reason: “You’re working the greatest number of joints and muscle groups while also adding core stabilization,” explains Gino Caccavale, *Hers* technical adviser. That means in one single move, you’ll simultaneously strengthen the quads, glutes, and calves, as well as the hips and abs. And while basic squats are a great way to get started, there’s no shortage of variations to boost calorie burn, improve balance, and increase overall strength and fitness. We’ve got more than two dozen of our favorite squats, ranging from fundamental to fantastic. Try adding a couple into your next workout, or do two to three of the moves every other day to freshen up your routine.

YOU DON'T KNOW SQUAT

Go way beyond the basics with
28 variations on this ultimate move

BY ALYSSA SHAFFER | PHOTOGRAPHS BY PER BERNAL





BODY-WEIGHT SQUATS



Basic squat

› Stand with feet shoulder-distance apart, toes turned out slightly, hands in front of chest. Bend knees about 90 degrees, pushing glutes behind you. Pushing through heels, straighten to start.



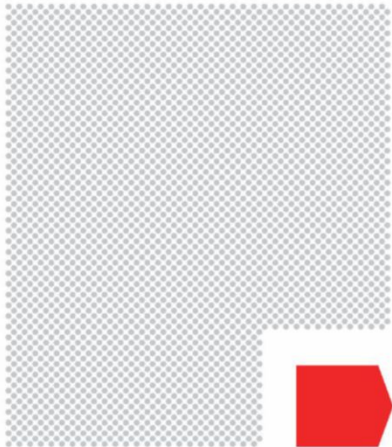
Butt-to-ground squat

› Stand with feet hip-distance apart, toes turned out slightly, hands in front of chest. Bend knees as deeply as you can (moving past 90 degrees). Push through heels to stand.



Hindu squat

› Stand with feet hip-distance apart. Rise up onto balls of feet, then lower down into a squat, reaching both arms forward. Keeping heels lifted, rise back up to standing.



WEIGHTED OR RESISTED SQUATS



Sumo squat

› Begin in wide stance, heels on weight plates and toes turned out. Hold a dumbbell vertically in front of body, arms extended. Bend knees 90 degrees, keeping torso tall and pressing knees out. Hold one count, then return to start.



Squat and press

› Stand holding dumbbells at shoulders, elbows bent. Bend knees about 90 degrees, pushing glutes behind you. As you stand, press weights above head, keeping hands aligned with shoulders. Lower to start.

HOW TO DO THE PERFECT SQUAT

1. Hinge back from your hips as you come down and keep body weight over heels.
2. Keep your lower back slightly arched, chest and head up, and abs engaged.
3. Drive through the middle of your foot; push forward through hips as you rise up.



Goblet squat

› Stand holding dumbbell in front of chest with elbows pointing down. Bend knees slightly past 90 degrees until elbows are inside of knees. Push through heels to straighten to start.



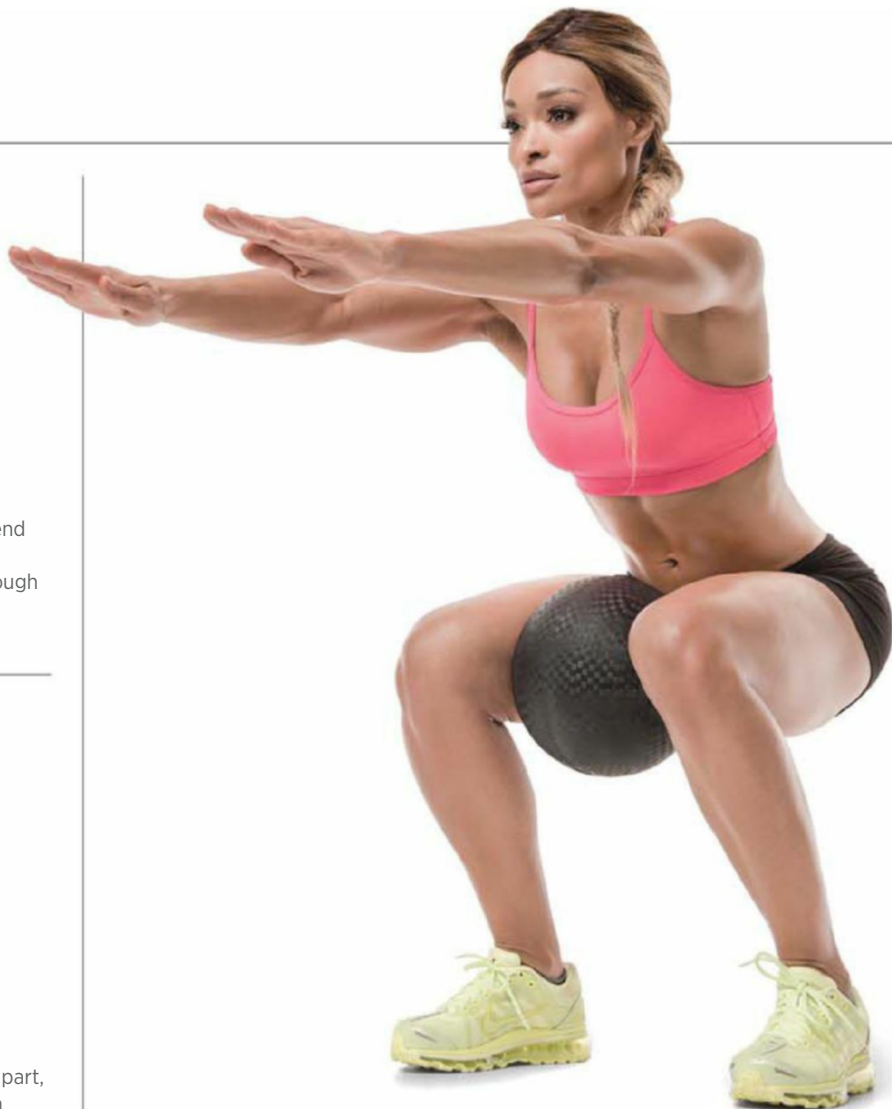
Overhead squat

› Stand with feet shoulder-distance apart, holding a barbell or body bar in both hands above head. Squat down, bending knees 90 degrees while keeping bar above head and arms extended. Push through heels to return to start.



Kneeling barbell squat

› Kneel on a mat holding barbell or body bar in both hands above head. Sit back onto heels, keeping arms extended. Rise up, pushing pelvis forward and squeezing glutes. Lower glutes back to heels.



Inner-thigh pulsing squat

› Stand with feet hip-distance apart and with a medicine ball between thighs. Extend arms forward parallel to floor. Squat down, squeezing ball between thighs as you push hips behind you. Hold one count, then stand back up to start.



Full-body resisted squat

› Place a long resistance band under arches of both feet and around the base of your shoulders. Squat down, extending arms forward, parallel to floor. Hold one count, then push through the band's resistance to return to start.



Resistance band squat

› Stand with feet hip-distance apart with small band around bottom of thighs. Bring arms forward in front of chest. Squat down, pushing thighs against band. Hold one count; stand back up to start.



Offset squat

➤ Stand holding light dumbbell in right hand and heavy dumbbell in left hand at shoulder height, elbows forward. Squat down, using core muscles to stay centered. Push through heels to stand.



Bulgarian split squat

➤ Stand a few feet in front of a flat bench, holding weights at sides with arms extended. Place top of left foot on the bench behind you. Lower to floor, bending front knee 90 degrees; keep right knee over ankle and shoulders stacked over hips. Push through right heel to return to standing. Do all reps on this leg; switch sides and repeat.



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BALANCING SQUATS



Pistol squat

› Stand holding light dumbbells in each hand, palms facing in. Lift right foot forward as you bend left knee, coming into a deep squat. Aim to bring left hamstring to meet calf; hold weights forward for counterbalance. Push through left heel and lower arms to return to start.



Figure-four squat

› Begin by crossing right ankle over left thigh, right knee out to side. Bring both arms forward, parallel to floor. Squat down, pushing hips back and pressing right knee down. Rise back to start.



Single-leg squat

› Stand in front of a flat bench. Lift right foot forward a few inches off floor, leg extended; bring arms forward to shoulder height. Bend left knee as you lower down toward bench; keep knee from tracking over toes. Push through left heel to return to standing.



Eagle squat

› Begin in eagle pose, right thigh crossed over left; interlace arms so right biceps threads under left elbow with right fingers touching left palm. Holding here, bend left knee while pushing hips back. Hold one count, then press back to start.



DYNAMIC SQUATS



Bench squat jump

› Stand a couple of feet to one side of an incline bench or a plyo box. Lower into a squat, then go a little deeper. Pushing through your heels, power yourself up and onto the bench. Land with knees soft. Step back to start.



Shrimp squat

› Hold top of left foot in left hand, knee bent. Squat down on right leg, reaching toward floor with right hand. Stand up.



Squat jump

› Do a body-weight squat, then explode off the floor, powering the movement through your heels and using arms for momentum. Land in a squat.



Pop-up squat

› Kneel on floor or on a mat with your butt resting on your heels. Using the power of your core and lower body, vigorously explode off floor and onto feet. Lower back to start.



Squat tuck jump

› Lower into a squat and jump up explosively off the floor, bringing knees toward chest at the top of the jump. Land with knees soft.



Squat jack

› Start in a squat position, hands together in front of chest. Jump legs out as if you were doing a jumping jack, remaining in the squat. Jump feet back in together. Stay in squat throughout the set.

WHAT DO YOU WANT TO TARGET?

Quads:

Keep the stance more narrow, with just a slight turnout of the feet.

Glutes/inner thighs:

Wider stances (as with a sumo or plié squat) put an emphasis on the glutes and inner thighs.



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Duck walk

➤ Stand with hands behind head, elbows out to sides, feet just wider than shoulder distance, with toes turned out slightly. Squat down, keeping knees tracking over toes. Staying in low squat, walk forward for five to 10 steps, then turn around and walk back.



Star jump

➤ Stand with feet shoulder-distance apart. Squat down, bringing hands toward shoulders with elbows pointing down. Explode up off floor, straightening legs in a wide V while pushing arms down. Land with knees soft in starting position.



Turning squat jump

➤ Stand holding medicine ball at chest height. Squat down, keeping ball in front of chest. Jump up, turning 90 degrees to the left and landing in a squat. Repeat, turning 90 degrees to the left with each rep. On your next set, jump to the right side.



EQUIPMENT SQUATS



Bosu squat

➤ Stand on a Bosu device with soft side down, feet toward edges of platform. Lower into a squat, bringing arms forward to help you maintain balance and keep abs engaged. Squeeze glutes to return to start.



Uneven squat

➤ Stand with left foot on top of a low box or step and right foot a few feet away. Lower into a squat, keeping hands in front of chest with elbows down; make sure knees track over the center of both feet. Push through both heels to return to standing.



Glider side squat

➤ Stand with feet hip-distance apart, left foot on a gliding disk and hands in front of chest. Bend right knee 90 degrees, pushing right glute behind you as you slide left leg to the left, keeping left leg straight. Hold at the bottom for one count, then stand up while pulling left foot back to center.

OUR MODEL

Alicia Marie

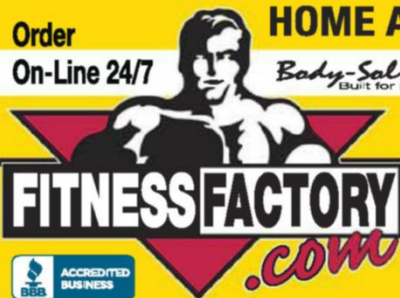
Hometown: Los Angeles
Occupation: Professional gamer (nickname: "BattleTag"), fitness model, author (*The Booty Bible*), advocate for the hearing impaired
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Fat Burners

PRIMARY GOAL:

Help speed metabolism and encourage fat loss

› **Caffeine (A)** not only keeps you alert but also boosts your body's ability to use fat as energy.

AMOUNT: 200–400mg, 2–3 times daily (if you are new to caffeine, start at 100mg, 1–2 times daily, early in the day)

› **Green tea extract** works alongside caffeine to support increased energy expenditure. Look for a green tea extract that features a mix of 45% EGCG, 98% polyphenols, and 75% catechins. This blend has been proven in scientific literature as the most effective for burning fat.

AMOUNT: 500–1,000mg, twice daily

› **Carnitine** is an amino acid used by your body to convert fat into energy. Research has shown supplementing with it can significantly increase fat oxidation.

AMOUNT: 2g, 2–3 times daily

› **Conjugated linoleic acid (CLA) (B)** helps your body reduce fat while maintaining muscle. The fatty acid works by blocking fat storage in cells and supports the use of fat as energy.

AMOUNT: 1–2g, 3 times daily



General Health

PRIMARY GOAL:

Keep your body fit and healthy for life

› **Fish oils (C)**—more specifically EPA and DHA—not only help with fat oxidation, they also promote proper brain function, joint health, and muscle recovery.

AMOUNT: 4g daily, broken up into two servings

› **Multivitamins (D)** will help you make sure that you're covering all your nutritional bases as you get deeper into your fat-loss goals and your food intake decreases. A sport multivitamin should do the trick, providing you with key nutrients that your body needs for proper function. Choosing an athlete-specific multivitamin over a generic one will ensure that the vitamins and minerals are properly balanced for your body's needs.

AMOUNT: 1 serving daily

Timing Your Stack

Combining these supplements into one stack taken daily during your leaning-out phase will allow you to reach your goals faster while keeping you in peak shape. These ingredients are safe to take at the same time, although be careful to time your caffeine intake earlier in the day and no later than six hours before you go to bed, so you're not up all night.

While they're safe to take for a longer period of time, fat-loss supplements should generally be cycled off once your goals have been reached to ensure that you can benefit from them next time you want to drop excess body fat. Supplements that support recovery and general health can be continued year-round to support your active lifestyle.

Muscle Maintenance

PRIMARY GOAL: Preserve lean muscle mass while shedding body fat

› **Branch-chained amino acids (BCAAs) (E)**

leucine, isoleucine, and valine increase energy production within the muscle and support protein synthesis. They also reduce soreness and speed recovery in athletes.

AMOUNT: 8–10g daily

Smart Stacks

Taking several types of supplements simultaneously can amplify your results. Here's how to find the right mix.

BY RAZVAN RADU

• **WHETHER YOU'RE NEW TO SUPPLEMENTS** or just want to get more out of what you're already taking, consider creating a supplement stack. The premise is simple: Taking different supps together creates a natural synergy that will boost the effectiveness of key ingredients while ensuring you're getting the proper dosages. Here's what works best together to help you reach your fat-loss goals.



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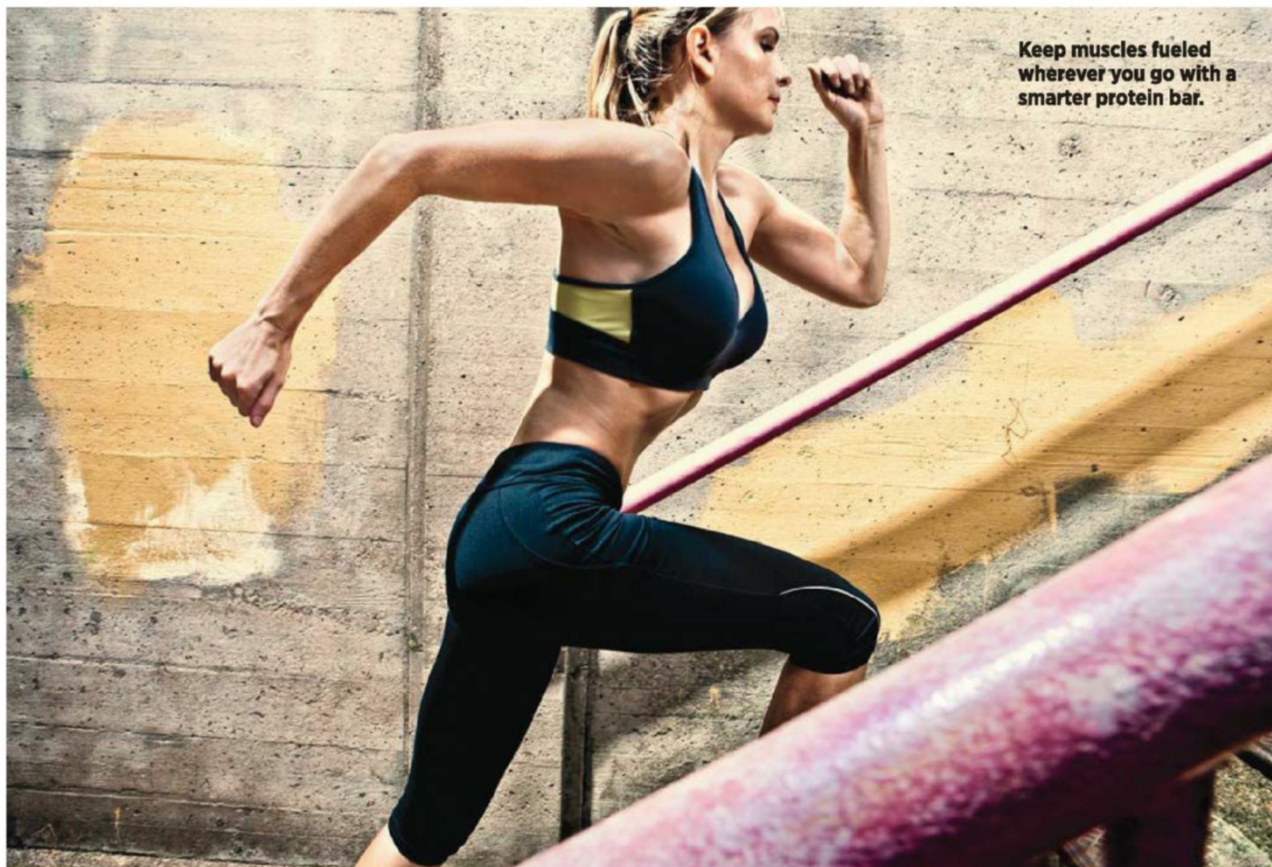


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Woman on a Mission

At long last, a protein bar without the junk

BY RAZVAN RADU

• **NO MATTER HOW WELL YOU PLAN**, sometimes you have to grab something on the go. Protein bars are great in theory, but when you take a good look at the label, you'll realize most aren't much better than a candy bar. Many use low-quality protein sources, artificial sweeteners, simple carbs, and unnecessary fats. Luckily, you don't have to fall prey to these predictable pitfalls.

INTRODUCING

MuscleTech Mission1 Bars

MuscleTech's Mission1 protein bars provide 20 to 21 grams of clean, quality protein plus the complex carbohydrates you need to fuel your day. The bars are available in three flavors: Cookies & Cream, Chocolate Chip Cookie Dough, and Chocolate Brownie, all of which contain 100% protein isolate; five net carbs max; 17 to 20g of fiber; 1g of sugar; and no artificial flavors, colors, or sugar alcohols.



A LOOK INSIDE

MISSION1 BARS

Quality Protein

Many protein bars contain protein from cheap sources like collagen or gelatin, which aren't optimal for building lean muscle. The Mission1 bar contains 100% whey and milk isolate, which are more ideal for protein synthesis.

Carb Control

Mission1 bars are meant to be more than a candy bar with protein. To that end, they contain up to 20g of fiber to only 1g of sugar and no more than five net carbs. On top of that, they have zero sugar alcohols, which are often the cause of bloating and digestive problems.

Real Ingredients

With Mission1 bars, you're getting absolutely zero artificial flavors and colors. To sweeten the bars, MuscleTech uses only stevia, a natural, plant-derived sweetener. They also have no fillers, so every ingredient carries a benefit.

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23-24 THE FITEXPO LOS ANGELES Los Angeles Convention Center, CA. thefitexpo.com/la.

February

20 INTERNATIONAL SOCIETY OF SPORTS NUTRITION (ISSN) SPORTS NUTRITION AND PERFORMANCE WORKSHOP

Nova Southeastern University, Davie, FL. sportsnutritionssociety.org.

IFBB PRO LEAGUE

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March

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1. Publication Title: Muscle & Fitness Hers. 2. Publication Number: 1550-2880. 3. Filing Date: 09/30/15. 4. Issue Frequency: Bi-Monthly. 5. Number of Issues Published Annually: 6. 6. Annual Subscription Price: \$29.97. 7. Complete Mailing Address of Known Office of Publication (Not printer): American Media, Inc./Weider Publications LLC, 4 New York Plaza, 4th FL, New York, NY 10004. Contact Person: Steven Jacobs. 8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer): American Media, Inc., 1000 American Media Way, Boca Raton, FL 33464. 9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor: Publisher: Chris Scardino, American Media, Inc./Weider Publications LLC, 4 New York Plaza, 4th FL, New York, NY 10004; Editor: Alyssa Shaffer, American Media, Inc./Weider Publications LLC, 4 New York Plaza, 4th FL, New York, NY 10004; Managing Editor: Brian Good, American Media, Inc./Weider Publications LLC, 4 New York Plaza, 4th FL, New York, NY 10004. 10. Owner: American Media, Inc., 1000 American Media Way, Boca Raton, FL 33464-1000. >1% Shareholders of American Media, Inc.: Chatham Asset Management, 175 W. Jackson Blvd., Suite 2210, Chicago, IL 60604; Omega Advisors, Inc., Wall St. Plaza, 88 Pine St., 31st FL, New York, NY 10005; David Pecker, 4 NY Plaza, New York, NY 10004. 11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or more of Total Amount of Bonds, Mortgages, or Other Securities: Allianz Global Investors US, LLC, 600 W. 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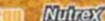
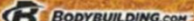
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ME A VERY LONG
TIME, A VERY
LONG TIME TO
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BREATHE FIRE."**

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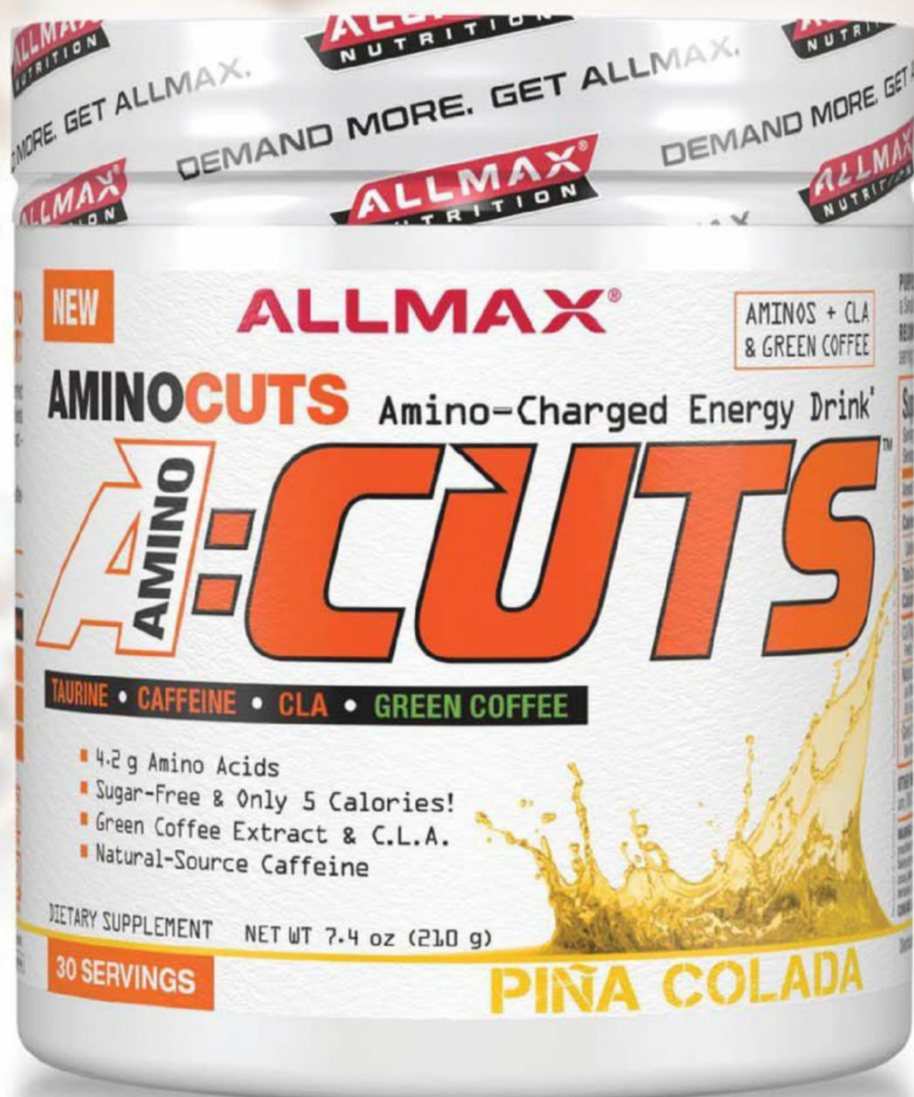
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YOU, IT DOESN'T
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